
Hannaford
fresh
$2.00
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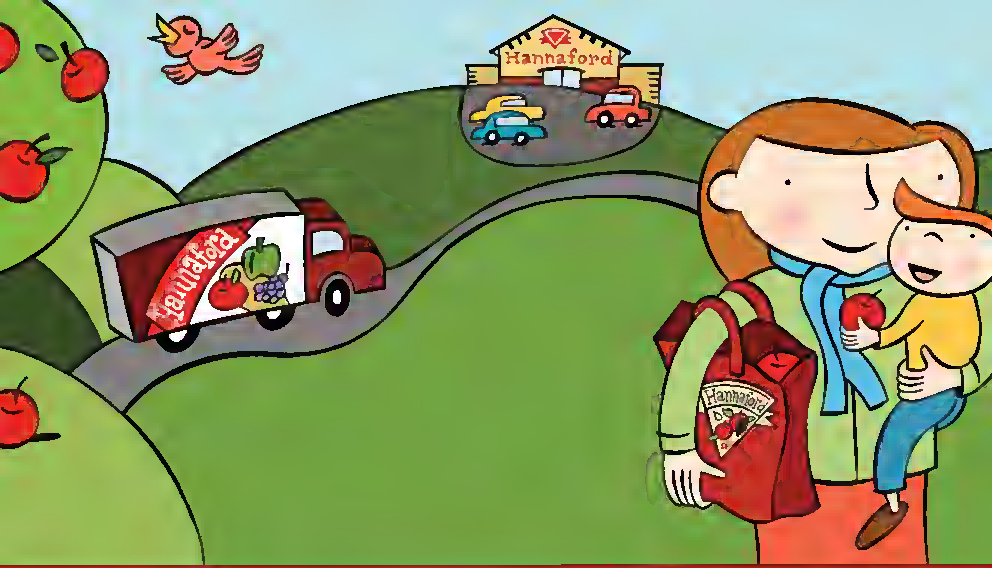
OF $25 OR MORE
CREATE & COOK
WINNERS
RECIPE CONTEST
CREATIVE COOKS
Our contest winners meet the challenge
page 14
HANNAFORD.COM



People, Products, and Planet

Healthy People

Hannaford provides free in-store nutrition classes, taught by a registered or certified dietician. And our commitment to promoting a healthy work environment has been recognized for three consecutive years with a Platinum Award from the National Business Group on Health.

Healthier Products

Hannaford's popular Guiding Stars nutritional navigation system makes it easy to pick the healthiest products. In 2008 Hannaford was recognized as one of the Top 10 Healthiest Grocers in the nation by *Health* magazine.

Healthier Planet

In July 2009 Hannaford opened the most environmentally advanced supermarket in the region – a Platinum LEED certified facility in Augusta, Maine. And we're helping the planet in low-tech ways too, like encouraging customers to take purchases home in their own reusable bags. Ahead of the curve, we offered our first reusable bags back in 1994, and by 2008 alone our reusable bags were keeping 56 million plastic bags out of the waste stream. By next year we'd like to see the use of reusable bags in all our stores increase to 50%. Please join the effort – we'll help with our large selection of colorful reusable bags, starting at under $1, and helpful reminders to bring your reusable bags every time you shop.

Hannaford

fresh.

HANNAFORD

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Welcome to *fresh*. My name is Beth Newlands Campbell, and I'm very excited about my new role as President of Hannaford Supermarkets. Readers used to hearing from Ron Hodge on this page may know that he's taken on a larger role with Hannaford and Delhaize America, which is a subsidiary of our parent company, Delhaize Group. As Ron has done in each issue of *fresh*, I look forward to sharing the Hannaford perspective and a passion for food from someone in the business.

Let me share a little about myself. I've worked in the grocery retail business my entire career, and I absolutely love it. I'm passionate about making sure Hannaford continues to offer you a great variety of quality, affordable grocery items you can provide nutritious meals for your family. As a working mom who insists on fresh and healthy meals for my family, I'm keenly interested in how *fresh* can help busy families solve the healthy eating dilemma — making meals that are both delicious and nutritious.

Although I love every issue of *fresh*, this is one of my favorite editions yet because it features great recipes that you created and showcases the ways in which you've developed healthy and nutritious dishes for your family. In cooking, as in life, we learn by doing. And if we like to think of *fresh* as a never-ending cooking class, then our annual recipe contest might be a little like exam time — it's a wonderful way to show everything you have learned and love about food. The contest has grown into something of a *fresh* tradition, and while the particulars change from year to year, one thing remains the same: we're always delighted (and highly impressed) with your response. You always bring your A game. Cooking is a discipline that straddles both science and art. A recipe can faithfully document ingredients and measurements, and if you add a little intuition and experimentation, the most delicious things can happen in the kitchen.

The rules were simple this year: entries had to include at least three ingredients from a list of 15 Taste of Inspirations® Nature's Place® and Hannaford brand products. Participants could also use any additional ingredients they wanted — anything available at their neighborhood Hannaford. That's it. Appetizers, side dishes, entrées, desserts? We received creative solutions in all those categories, and we've included all the winners' recipes right here in this issue. And if you didn't enter this year, that's OK. We're already busy cooking up our next contest. Until then, why not dip into this year's winning recipes?

Over the years, longtime readers have seen *fresh* grow into a full-featured magazine devoted to exploring everything you love about food. We hope you agree we've come a long way in a few short years. With that in mind, look for something a little different in our next issue. We've been working on some new ideas and we can't wait to hear what you think. As President of Hannaford Supermarkets, I'll be working closely with the *fresh* team to continue growing a magazine that is a valuable resource to you, and one that you look forward to reading every issue.

Beth

BETH NEWLANDS CAMPBELL
President
Hannaford Supermarkets

FRESH FORUM

I am a big fan of *fresh* magazine and look forward to each new publication. I have a question on what I should substitute for an alcoholic ingredient in a recipe. I really want to make your Chocolate Whiskey Torte (November/December 2009, page 24). I know that taking the whiskey out defeats the recipe name, but since we prefer not to use alcohol, I would appreciate a substitution for this ingredient. It would also be helpful to include a substitution for alcohol in any of your recipes. Thank you!

BRENDA J. FOURNIER
Rutland, Vt.

Ed.: *Thanks for the suggestion. As a substitute for whiskey, if you're OK with using vanilla extract (which usually has alcohol in it), use 1 tablespoon vanilla plus ½ cup water or orange juice. Vanilla contributes a subtle flavor that brings the various elements together. But if you'd rather not use vanilla, use ½ cup water or ½ cup orange juice. In fact, you could use any fruit juice — pomegranate or apple, raspberry would give a nice flavor.*

I'm wondering if there might be an error in the recipe for Sweet Potato Scones (November/December 2009, page 18). The ingredient list does not call for eggs. I checked several other scone recipes, and they do call for eggs, so I added one and it came out all right.

KATHERINE DE CARPIS
Nashua, N.H.

Ed.: *Although many scone recipes do call for eggs, many others do not. Basically, scones are in the same category as biscuits and do not need eggs. Eggs affect the texture — if you like soft, muffin-like scones, you'll probably want to add an egg. But if you like a more crumbly texture, omit the egg. Eggs in scones are a matter of preference, and there are followers of both methods. The Sweet Potato Scones, in particular, do not need eggs because they get moisture from the sweet potatoes. If you prefer scones with egg, that's fine too, but you may need to increase the amount of the dry ingredients slightly to compensate for the added moisture.*

Correction: The index to the January/February 2010 issue indicated that Mariam's Vegetable Barley Soup (recipe on page 11) is gluten-free. Barley is not gluten-free, and we apologize for the error. Good gluten-free substitutes for the barley in this recipe are millet, wild rice, and lentils. If you are cooking for someone with gluten sensitivities, always check the ingredient statement on packaged foods.

We'd Love to Hear from You!

Please send your comments, suggestions and culinary musings to freshmagazine@hannaford.com or *fresh* magazine, P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address and daytime phone number. Letters may be edited for length and clarity. To comment on Hannaford stores, visit **hannaford.com** and click on Contact Us at the top of the page. Then select Customer Service, or call 800.213.9040.

Make a Connection

Join the Hannaford community. Visit us on Facebook at facebook.com/hannaford or follow us on Twitter at twitter.com/hannaford.

RECIPE INDEX

Always check the ingredient statement on packaged foods and spices to make sure contents are gluten-free.

(V) VEGETARIAN (❄) FREEZABLE (G) GLUTEN-FREE

features

departments

Visit us online at **hannaford.com** for even more great recipes tips and ideas devoted entirely to your love of food

ON THE COVER Tandoori Chicken Tenders with Herbed Spinach Raita and Peppery Naan
See page 20 for the recipe
Photograph by Heath Robbins

NEXT ISSUE: Our grilling issue is packed with tips for outdoor living and exciting new recipes you can make on and off the grill

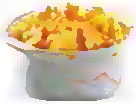
Use Your Noodles

March is National Noodle Month and you might need all 31 days to get your fill of the huge variety of dishes that can feature noodles. Whether they're flat Thai rice noodles, thick Japanese udon, a fancifully shaped Italian pasta, or one of countless other kinds, noodles are versatile. They can be served as part of a simple side dish, incorporated in a soup, and combined with fresh vegetables or meat in a stir fry or casserole. Here are just a few you'll find at Hannaford.

Egg: This classic style is just right for comfort foods like casseroles and chicken noodle soup and is also a basis for the Chinese favorites chow mein and lo mein.

Rice: Available in thick and thin varieties, rice noodles absorb flavor well. They're used in pad Thai and are also great for stir fries.

Soba: These quick cooking Japanese buckwheat noodles are often served in cold dishes like a soba noodle salad with rice vinegar or peanut sauce.



Elbow macaroni: On a busy night when you don't have time to cook a fancy meal, celebrate National Noodle Month with a simple favorite like mac and cheese or a ham casserole (see page 36).

From there you can explore other varieties like udon, somen, hokkein, and more — all available at Hannaford stores to perk up pasta night.

Fair Deals in Store

You've probably heard about "fair trade" when shopping. Essentially, the fair trade movement seeks to ensure that small farmers and other workers in developing countries earn a fair return for their labor and their products.

At Hannaford, supporting fair trade is part of our companywide sustainability initiative. Evan Harding, an associate in Hannaford's marketing department, says, "We look for fair trade items when making decisions on what to stock."

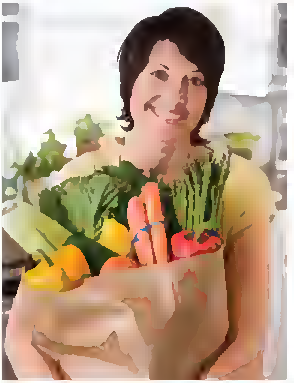
The organization that certifies fair trade products, TransFair USA, guarantees producers a price that will cover the costs of sustainable production. TransFair also provides funding for social and economic development in the communities where it works. Choosing fair trade products helps the environment too, since fair trade certification ensures that no harmful chemicals are used on crops.

At Hannaford, we're continuing to add new fair trade products. We're introducing four new flavors of fair trade coffee under our Nature's Place brand." Hard to notice. It's easy for shoppers to find fair trade products in our stores. Look for the Fair Trade Certified symbol on items like coffee, tea, rice, sugar, and fresh produce, and you'll know that your purchase will help ensure that the farmers, families, and communities that produce these goods continue to thrive.

You can learn more about Hannaford's commitment to fair trade at hannaford.com.

Smart Shopping with Hannaford Nutritionists

You'll find more than great food at Hannaford. We also have a team of nutritionists on staff at many of our stores (see Stores with Free Nutrition Classes, right) to help you make the best food choices for your health. In addition to offering samples of nutritious products and answering your questions about healthy eating, our in-store nutritionists lead Healthy Shopping Store Tours and also teach free nutrition classes. Interested in taking a class? Check the complete schedule at hannaford.com under Healthy Living.



Ask a Registered Dietician

When you have a question about nutrition, our in-store nutritionists will be happy to help. Or email your question to Beth Williams, our registered dietician, at hannaford.com.

Product Picks

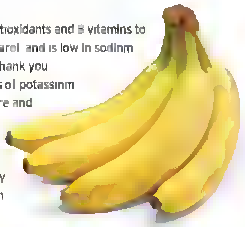
Here are some of our nutritionists' favorite healthy products:

Cabot 50% Reduced Fat Cheddar. This great-tasting cheese contains essential nutrients such as protein and calcium. And for those who are lactose-intolerant and are unable to get these nutrients from milk, this cheddar contains little or no lactose!

Kashi Heart to Heart Cereal. This cereal contains antioxidants and B vitamins to help support healthy arteries. Fiber to help reduce cholesterol, and is low in sodium to help promote healthy blood pressure. Your heart will thank you.

Chiquita bananas. Bananas are one of the best sources of potassium and are high in fiber, essential for healthy blood pressure and heart function. Packed with B vitamins, vitamin C and A, this treat is a great snack on the go!

Activia Yogurt by Dannon. Activia Yogurt is packed with bone building calcium, and active cultures that may help with regularity. Activia also comes in a light version for calorie counters and a higher fiber version.



Fresh and New

Don't miss the next issue of *fresh* magazine! In the May/June edition you'll see a "fresh" new look along with even more great information about smart shopping, healthy living, and balancing your busy life. And to inspire your love of food, you'll find plenty of the delicious original recipes and creative ideas that have made *fresh* a favorite with Hannaford shoppers.

Stores with Free Nutrition Classes

The following Hannaford store locations have a nutritionist on staff and offer Healthy Shopping Store Tours and free classes on a range of topics. You might want to learn about using your slow cooker to make healthier entrées, or get information on preparing meals for a family member with a health concern like diabetes. Come with your questions – our nutritionists are here to help.

Maine

- Augusta (Whitten Road)
- Bangor (Broadway Street)
- Bangor (Union Street)
- Brewer (Wilson Street)
- Bridgton (Portland Road)
- Brunswick (Elm Street)
- Falmouth (Gray Road)
- Lewiston (Sabattus Street)
- Old Town (Stillwater Avenue)
- Oxford (Main Street)
- Portland (Forest Avenue)
- Scarborough (Hannaford Drive)

Massachusetts

- Leominster (Lancaster Street)
- Leominster (Merriam Avenue)
- Lowell (Rogers Street)
- Lunenburg (Massachusetts Avenue)
- Taunton (Joseph Warner Boulevard)

New Hampshire

- Bedford (Colby Street)
- Concord (Eddy Fort Road)
- Londonderry (Hampton Drive)
- Manchester (Hanover Street)
- Manchester (John Devine Drive)
- Rochester (Milton Road)

New York

- Carmel (Route 6)
- Clifton Park (Clifton Country Road)
- Glens Falls (Broad Street)
- Latham (Troy Schenectady Road)

Vermont

- S. Burlington (Dorset Street)
- S. Burlington (Hannaford Drive)

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[INGREDIENT INSIDER: LEMONGRASS]

Recipe by Sally Sampson

Lemongrass is an herb that lends a hint of citrus to Thai and Vietnamese dishes like soups, curries, and stir-fries. In addition to adding a zesty flavor to foods, lemongrass is a boon to good health. A research team from Ben Gurion University of the Negev, in Israel, found that lemongrass has cancer-fighting properties, and it is used in traditional Chinese herbal medicine to treat colds, flu, fevers, headaches, stomach problems, and arthritis.

In a pinch, you can substitute lemon juice in a recipe, but lemongrass has its own unique flavor profile, so you'll want to use the real thing when possible. You can buy it fresh in the Produce department and use it in recipes like this one.

Or try your lemongrass in a glass: make a lemongrass infusion by steeping it in boiling water, or pick up a refreshing lemongrass green tea, available with our bottled teas.

LEMONGRASS-MARINATED LAMB CHOPS

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 4 HOURS 20 MINUTES
(INCLUDES MARINATING TIME)

The aromatic combination of lemongrass, garlic, and ginger is a classic Thai favorite that works particularly well with rich lamb; you can also use the marinade on chicken, shrimp or swordfish. The longer you marinate, the more flavorful the meat will be.

- 1 lemongrass stalk, trimmed and chopped (see Technique below)
- 3 cloves garlic
- 1 Tbsp. chopped fresh ginger
- 3 Tbsp. chopped fresh basil, divided
- 3 Tbsp. chopped fresh cilantro, divided
- 2 Tbsp. fresh lime juice
- 2 Tbsp. olive oil, divided
- 3 Tbsp. water
- 1½ to 1¾ lbs. loin or rib lamb chops
- ¼ tsp. kosher salt or to taste
- ½ tsp. freshly ground black pepper

1. Place lemongrass, garlic, ginger, 2 Tbsp. each of the basil and cilantro, lime juice, 1 Tbsp. of the oil, and water in a blender and blend until as smooth as possible.
2. Pour this marinade into a bowl or resealable plastic bag large enough to hold the lamb. Add the chops, seal or cover, and refrigerate at least 4 hours, up to overnight.
3. When ready to cook the meat, heat a large nonstick skillet over high heat, and when it's hot add the remaining 1 Tbsp. oil. Remove chops from marinade, sprinkle with salt and pepper, then add chops to the skillet, waiting about 30 seconds between each new batch. Cook until well browned, about 3 minutes per side. Lower heat to medium and cook until rare, about 2 more minutes per side, depending on the thickness. Remove from pan to a serving platter. Let rest, tented with foil, for 2 minutes. Then serve, garnished with remaining 1 Tbsp. of the basil and cilantro.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
460 CALORIES, 3G CARBOHYDRATES, 32G PROTEIN, 37G FAT (14G SATURATED), 130MG CHOLESTEROL, 220MG SODIUM, 0G FIBER

[TECHNIQUE: PREPARING LEMONGRASS]

Fresh lemongrass looks almost like a scallion – a tough, dried scallion. It's long and thin, and the outer layers need to be peeled away before cooking.

To use, first trim about 1 inch from the bottom of the stalk – the end that is slightly bulb shaped. Next, trim about 3 to 4 inches from the top end, the very dry part. Discard the ends.

Lemongrass consists of layers, similar to those in a leek. After trimming the ends, peel away and discard 2 to 4 tougher outer layers until you reach the softer center, which will give off a pleasant lemony aroma.

Cut the peeled stalk in half lengthwise, then cut as called for in a recipe – either minced, finely diced, or in larger pieces. One stalk of lemongrass, depending on the size, can yield 3 to 5 tablespoons of minced lemongrass.

PHOTOGRAPHER: MARK EBERL; FOOD STYL: INC. A.J. MATT FARANO; PROP STYLING: FRANCINE NATALON WEGNI

Get Your Goat

Cheesemaker Allison Hooper carries on a delicious tradition

BY BEVERLY BALLARD PHOTOGRAPHY BY JEFFREY HENDRICKSON

Allison Hooper has been crafting European-style artisanal dairy products since 1984, when she and business partner Bob Reese founded the Vermont Butter & Cheese Company. Their products have earned international acclaim for their quality and authenticity. We have long carried the company's award winning goat cheese (chèvre) and creme fraîche. The company recently published a cookbook, *In a Cheesemaker's Kitchen*.

Did your passion for food start early?
I grew up in New Jersey in a food-loving family. My mother was a wonderful cook and I shared her passion for good eating from a young age. I considered a career as a chef, but instead I ended up majoring in French, and I spent my junior year in Paris. I needed a place for the summer, so I wrote to an organization of organic farmers offering to work in exchange for room and board. The owners of a family farm in Brittany let me intern in their operation, which included a farmstead cheese shop.

How did you get started in cheesemaking?
After my stint on the farm in Brittany, I worked on another farm in the foothills of the Alps, where they made traditional goat cheese. When I returned home, I began making French-style cheeses for a family that owned a herd of goats. I decided that I needed to do this for myself, so I ended up in the dairy-friendly state of Vermont.

What did you learn about the artisanal cheesemaking tradition in France?
I learned a lot about sustainability. The farm in Brittany was a small operation, and the approach to making cheese tended to be based more on look and feel than on precise science, which helped me develop my own intuition.

What distinguishes the products of Vermont Butter & Cheese?
Unlike industrial producers, we do a lot by hand. And we rely on our experience and intuition when deciding, for example, if a particular mind indicates that a cheese is ready to move from the drying room to the aging room. It's a judgment call every day. So our products tend to be more complex, more nuanced, and more distinctively flavored.

Why do you have a "goat nanny" on staff?
Former organic farm inspector Beth Pratt makes regular rounds to ensure the quality of our raw materials. She also makes sure the goats are well cared for and gives our farmers helpful advice and information.

How long has your company been associated with Hannaford?
We've been selling to Hannaford for years. Hannaford customers tend to be discerning. I think that's reflected in the popularity of our chèvre logs as well as our creme fraîche, which were, until recently, specialty items largely unavailable in supermarkets. When I first experienced these products in France, I knew that Americans would love them.

What trends have you observed?
Consumers are much more sophisticated and adventurous. Many have become interested in knowing how to pair cheeses and wines. Last summer Hannaford was a lead sponsor of our first annual Vermont Cheese Festival.

What are some kid-friendly cheeses that you'd recommend?
Fresh goat cheese has always been a hit with my three boys (two 16 year-olds and an 18 year old). It has a smooth consistency reminiscent of cream cheese but without the gumminess.

What are some of your go-to dishes for cooking with cheese?
Cheese soufflé is one of my favorites. I also incorporate goat cheese into omelettes, pasta, risotto, potato gratins, and salads. And I like to put a little cheese atop a steak, a slice of baguette, or a ripe pear. ●

Double Dipping

When it comes to nutrition, don't individualize — synergize!

BY MATTHEW KADEY, MS, RD

(SALMON PATTIES WITH CITRUS YOGURT DRESSING)

It seems as if the news is always touting the benefits of some nutrient, like calcium for bones, iron for energy and assorted antioxidants for cancer protection. But most nutrients don't fly solo — instead, they join forces to keep us healthy. Case in point: an antioxidant called sulforaphane, found in cruciferous veggies like kale, broccoli, and brussels sprouts, is more effective at curbing cancerous cell growth when eaten with selenium, an antioxidant found in poultry, seafood, and Brazil nuts.

With dozens of such combinations acting together in untold ways, a diet packed with whole foods beats individual supplements hands down.

Food Synergy

Synergy is one of the latest nutrition buzzwords. It refers to the ways that different compounds within a single food or several foods work in tandem to create a nutritional bang. The study of food synergy isn't exactly new. For some time, food scientists have known about vitamin C's role in increasing absorption of the iron found in plant foods, for example. But recent studies have uncovered numerous other synergistic relationships that might help fend off several maladies, including cancer, osteoporosis, and heart disease. Some easy pairings — like drizzling dressing on your salad greens — just might surprise you. The upshot is that food synergy is really just bringing us back to nutrition basics. For good health, eat a variety of nutrient-rich whole foods, together!

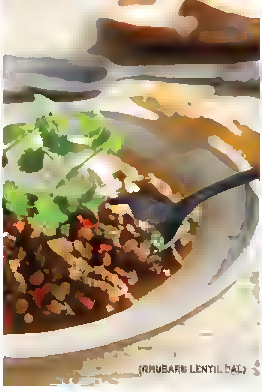
The Dynamic Duos table highlights some of the most important nutrient interactions and the health boosts they provide. Once you're aware of the beneficial food combos, you'll notice that our aisles are brimming with potential food synergy options. To get you started, we offer a trio of easy recipes that bring together vital nutrient pairings, so each mouthful packs a little extra punch.

SALMON PATTIES WITH CITRUS YOGURT DRESSING

YIELDS 6 PATTIES (6 SERVINGS)
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 45 MINUTES

Using budget-friendly canned salmon, these patties manage to be homey and sophisticated at the same time. Salmon is a nutritional goldmine packed with protein, omega-3 fats, and vitamin D, which helps your body absorb more of the yogurt's calcium. (Canned tuna and crab are good stand-ins for salmon.) If there's time, make the patties in advance: cover with plastic wrap and refrigerate — chilled patties will hold together better during cooking. Try serving with a side of nutritious quinoa, and

FOOD STYLE: FRANCES TOWELL PROP STYLING: LYNN TOWELL



(RHUBARB LENTIL DAL)

use any extra yogurt dressing on veggie salads. Patties may be frozen.

Yogurt Dressing

- ⅔ cup plain low fat or nonfat Greek style yogurt
- 1 tsp. fresh lime juice
- 2 Tbsp. orange juice
- 1 Tbsp. honey
- 1 Tbsp. minced fresh parsley

Salmon Patties

- 1 (14.8 oz.) can pink salmon, drained
- ⅔ cup shredded carrot
- 2 shallots, diced
- ½ cup old fashioned rolled oats
- 1 Tbsp. Dijon mustard
- ½ cup chopped fresh parsley
- 2 tsp. curry powder
- ¼ tsp. freshly ground black pepper
- 1 egg
- 1 egg white

1. Prepare the dressing. In a small bowl, mix together yogurt, lime juice, orange juice, honey and parsley. Set aside.
2. In a large bowl, flake salmon with a fork. Add carrot, shallots, oats, mustard, parsley, curry powder, and pepper.
3. In a small bowl, lightly whisk together the whole egg and the egg white until just blended. Add to the salmon mixture and stir until ingredients are well combined and mixture is moist. Form into 6 patties.
4. When ready to cook, spray a nonstick skillet with vegetable cooking spray and heat over medium heat. Cook patties for 3 minutes or until lightly browned. Flip carefully to avoid breaking, and cook for an additional 3 minutes. Place patties on a serving plate and top with yogurt dressing. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 190 CALORIES, 15G CARBOHYDRATES, 19G PROTEIN, 7G FAT (1.5G SATURATED), 75MG CHOLESTEROL, 400MG SODIUM, 1G FIBER

RHUBARB LENTIL DAL

SERVES 6
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 1 HOUR, 10 MINUTES

This variation on a traditional Indian stew has just the right amount of tartness from a seasonal favorite: rhubarb. Both the rhubarb and the red pepper supply vitamin C, which helps your body soak up

DYNAMIC DUDS

One at a time is not the best way to get your superstar nutrients. While researchers are still untangling all the disease-fighting combinations, these five good-chemistry couples prove that when it comes to our diets, two is certainly better than one.

POWER COUPLES	SYNERGISTIC ACTION	POSSIBLE HEALTH BENEFITS	FOODS
Catechins and vitamin C	Vitamin C in citrus improves absorption of catechins, a potent antioxidant	Catechins may stimulate weight loss and safeguard against bone loss and heart disease	Green and white tea, chocolate, apricot, beans (catechins), citrus (vitamin C)
Carotenoids and fat	Dietary fat boosts absorption of carotenoids, which are fat-soluble antioxidants	Carotenoids such as beta carotene, lycopene, and lutein may enhance heart, prostate, and eye health	Tomatoes, watermelon (lycopene), leafy greens, egg yolk (lutein), carrots, butternut squash (beta carotene), avocado, nuts, olive oil (healthy fats)
Iron and vitamin C	Vitamin C converts iron found in plant-based foods into a more readily absorbed form	Prevents anemia, an energy sapping iron deficiency	Berries, rhubarb, red pepper, citrus (vitamin C), beans, lentils, whole grains, fortified cereal (iron)
Calcium and vitamin D	Calcium requires vitamin D for maximum uptake	Calcium may help protect adults from osteoporosis	Dairy, tofu, almonds (calcium), egg yolk, salmon, sardines, milk (vitamin D)
Quercetin and ellagic acid	Two antioxidants that work together to kill off cancer cells	May help reduce cancer risk	Apples, berries, onion (quercetin), raspberries, walnuts, cranberries (ellagic acid)

the iron in the lentils. Recipe may be halved and may be frozen.

Note: *Wear rubber gloves when handling jalapeño peppers to prevent the spicy oil from getting on your hands.*

- 2 tsp. vegetable oil
- 1 large Spanish onion, finely chopped (about 2 cups)
- 1 red bell pepper, finely chopped
- 3 garlic cloves, minced
- 1 Tbsp. minced fresh ginger
- 1 jalapeño pepper, seeded, deveined and diced
- 2 tsp. garam masala or curry powder
- 1 tsp. ground cumin
- ¼ tsp. salt, or to taste
- ¼ tsp. freshly ground black pepper
- 2 cups chopped rhubarb
- 1 cup dried green or brown lentils, rinsed
- 4 cups water
- ¼ cup plain nonfat Greek-style yogurt (optional)
- 2 Tbsp. minced fresh cilantro (optional)

1. In a deep saucepan or stockpot, heat oil over medium heat. Add onion and cook, stirring occasionally, until translucent, about 5 to 8 minutes. Add bell pepper, garlic, ginger, jalapeño, garam masala, cumin, salt, and black pepper; cook for 3 minutes. Add rhubarb and cook for 2 minutes, stirring frequently. Add lentils and water.
2. Cover pan, bring to a boil, then reduce heat to low and simmer for 30 to 35 minutes, or until lentils are very soft. Serve hot, with yogurt and fresh cilantro on the side if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 160 CALORIES, 27G CARBOHYDRATES, 8G PROTEIN, 2.5G FAT (0G SATURATED), 0MG CHOLESTEROL, 110MG SODIUM, 7G FIBER.

SPICY COCOA CHICKEN WITH CRISPY KALE

SERVES 4
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 45 MINUTES

In this dish, sulforaphane in kale teams up with selenium in chicken, while the healthy fat in the toasted sunflower seeds increases the absorption of the antioxidant carotenoids in the cherry tomatoes and kale. Pine nuts and sliced boneless chicken thighs work here too. For a vegetarian option, substitute sliced tofu for the chicken. Recipe may be halved.

- 2 Tbsp. light brown sugar, packed
- 1 tsp. chili powder
- 1 Tbsp. unsweetened cocoa powder
- ½ tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 tsp. dried thyme
- 1 lb. Taste of Inspiration® Boneless Chicken Tenders
- 1 medium bunch kale (about ½ lb.)
- 4 tsp. olive oil, divided
- ¼ tsp. salt
- 3 cups cherry tomatoes (1½ pints)
- ¼ tsp. freshly ground black pepper
- ¼ cup sunflower seeds

1. Preheat oven to 350°F. Spray 2 baking sheets with vegetable cooking spray.
2. Combine sugar, chili powder, cocoa, cinnamon, ginger, and thyme in a reseal-able bag. Add chicken and toss to coat. Seal bag and refrigerate.
3. Rinse kale and pat dry. Tear the leaves off the thick stems and cut into bite-size pieces. Discard stems. Place leaves in a large bowl and toss with 2 tsp. olive oil and salt. Spread cut leaves on prepared sheets. Bake for 12 to 15 minutes, or until crisp, watch carefully to make sure the edges don't burn.
4. Meanwhile, slice cherry tomatoes into halves, place in a medium bowl, and toss with pepper. Set aside. Toast the sunflower seeds in a dry skillet over medium-high heat, stirring constantly to prevent burning, until golden brown, 3 to 4 minutes. Mix sunflower seeds with tomatoes. Set aside.
5. Wipe out skillet, add remaining 2 tsp. oil, and return to medium-high heat. Add the spice-rubbed chicken and cook until no longer pink in the center, 4 to 5 minutes per side.
6. To serve, place kale on a plate and top with sliced chicken and tomatoes.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 300 CALORIES, 18G CARBOHYDRATES, 31G PROTEIN, 9G FAT (2G SATURATED), 85MG CHOLESTEROL, 290MG SODIUM, 4G FIBER. ●


(SPICY COCOA CHICKEN WITH CRISPY KALE)

PERFECT PAIRS

It's easy to incorporate food synergy into meals and snacks. Try these winning combos.

- Toss carotenoid-rich salad greens and other colorful veggies with healthy fats such as walnuts, avocado, or olive oil.
- Freshen up homemade iced tea (catechins) with lemon slices (vitamin C).
- Mix together canned kidney beans, a good iron source, with vitamin C powerhouses like tomatoes, red bell peppers, and broccoli for a quick bean salad.
- Sweeten oatmeal with chopped apples, for quercetin, and raspberries, rich in ellagic acid.
- Jazz up scrambled eggs, which provide vitamin D, with calcium-rich low-fat shredded cheese.

A recipe for a healthier you

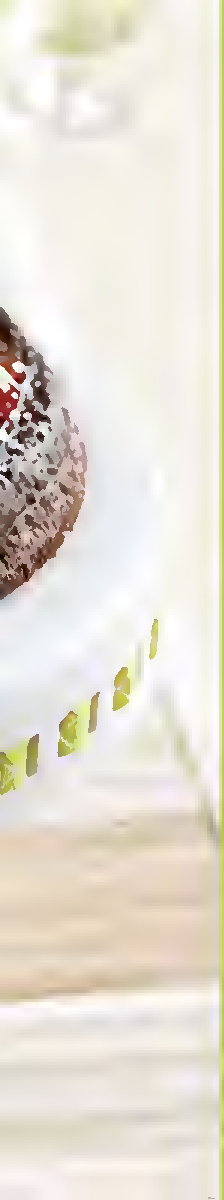
When you are shopping at Hannaford, let the stars be your guide to healthier foods. Our simple-to-use Guiding Stars navigation system makes it easy to find foods that will help you and your family enjoy a healthy lifestyle.

Here's how the Guiding Stars program works. When a product gets stars it means it has more of the good stuff (like vitamins, minerals, fiber, and whole grains) and less of the not-so-good stuff (like saturated fats, trans fat, cholesterol, added sodium, and added sugars). One star means good nutritional value, two is better, and three is best.

Many grains, produce and products on supermarket shelves are rated – including coffee, tea, and water that have less than [illegible] calories per serving. Even baby food is rated! Any food has no stars, it most likely does not meet the nutritional criteria to qualify for one, two or three stars.

So the next time you're at a Hannaford store, look to the stars for a quick, healthy shopping experience throughout our stores, because you deserve to do something for you. And eating [illegible]

(FLOURLESS BLACK PEPPER CHOCOLATE CAKE WITH RASPBERRY PEACH TOPPING)



CHOOSE CREATE & COOK
WINNERS
RECIPE CONTEST

shopping list challenge

Winning recipes show a range of creative takes on the same ingredients

BY MONICA VELGOS · PHOTOGRAPHS BY HEATH ROBBINS

The results are tallied and our readers have outdone themselves! Recipes poured in from Maine, Massachusetts, New Hampshire, New York and Vermont for our fourth annual *fresh* cookoff, the Choose, Create and Cook Recipe Contest. This year the challenge was to come up with a dish using at least three ingredients from a shopping list of 15 diverse Hannaford brand items — [illegible]ch, yogurt and peanut butter, to name a few — along with any other ingredients of the cook's choice. We received recipes for entrées, appetizers, side dishes, and desserts, and our judges had the hardest time yet deciding on the winners. Entrants found uses for all 15 selected ingredients [illegible]ring them in resourceful ways we never imagined. Judges were impressed by the originality and inventiveness, as well as the range of the recipes. After testing and tasting, we finally settled on the winners. We think you'll agree there are some pretty special offerings on these pages.

Jasmine Buliga of Braintree, Mass., wins a $1,000 Hannaford Gift Card

"I've been a diabetic most of my life," says stay-at-home mom Jasmine Buliga. Dairy-free, gluten-free, and low in refined sugar, Jasmine's chocolate cake was a revelation to the judges, who found its intriguing flavors and low level of sweetness "sophisticated" and its method "foolproof." One judge deemed it "the perfect dessert."

Jasmine explains that she loves flourless chocolate cakes, but they typically call for a lot of eggs, refined sugars, and butter. "This one is a healthy cake that diabetics can eat," she says. "I tossed things together and crossed my fingers hoping it would work. I got lucky. It has good fat, it's not high in carbs, and it has the fruit with it. It was a dessert that I could enjoy and everyone else could enjoy too."

Hannaford is a source of inspiration for Jasmine. "Guiding Stars® is terrific," she says. "It's easy and fun, even for your kids." She also loves Taste of Inspirations® products and hannaford.com. "It's awesome," she says. "You can spend hours reading the nutrition information alone, and the site helps you with budgeting too."

CHARGE, CREATE & CHEF WINNERS RECIPE CONTEST

FLOURLESS BLACK PEPPER CHOCOLATE CAKE WITH RASPBERRY PEACH TOPPING

YIELDS 10 SERVINGS
ACTIVE TIME 15 MINUTES
TOTAL TIME 45 MINUTES

Cake

- ½ cup Inspirations Black Pepper Dipping Oil
- ½ cup Nature's Place™ Organic Honey
- 4 eggs
- 1 tsp. vanilla extract
- 1 cup Hannaford Baking Cocoa

Topping

- ½ cup Inspirations Raspberry Peach Fruit Spread
- ¼ cup water
- 1 Tbsp. fresh lemon juice
- 1 cup fresh raspberries, rinsed
- 1 Tbsp. confectioners' sugar

1. Preheat oven to 350°F. Spray a 9-inch springform cake pan with vegetable cooking spray.
2. In a large mixing bowl whisk together oil, honey, eggs, and vanilla until well blended. Sift cocoa into the bowl and mix together until smooth. Pour the batter into the prepared pan. Bake for 20 to 25 minutes, or until center is set.
3. Cool cake in pan for 10 minutes, then remove sides from springform pan, invert cake onto a cake platter, and remove bottom of pan from cake. (Cake may be frozen at this point. Allow to warm to room temperature before serving.)
4. Prepare the topping. In a medium microwave-safe bowl mix the fruit spread, water, and lemon juice until smooth. Microwave on high for about 1 minute, or until fruit spread is beginning to melt, then whisk together well to make a glaze. Let cool for 2 to 3 minutes, then gently fold the raspberries into the glaze. Spoon the topping evenly on top of the cake and then dust with confectioners' sugar using a small fine-mesh strainer. Serve slightly warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
230 CALORIES, 28G CARBOHYDRATES, 4G PROTEIN, 14G FAT (1G SATURATED), 70MG CHOLESTEROL, 30MG SODIUM, 3G FIBER

SECOND PRIZE

Jessie Grearson of Falmouth, Maine, wins a $750 Hannaford Gift Card

Jessie Grearson credits the Inspirations Black Pepper Dipping Oil for the mysterious "nutmeg" flavor she says it imparts to her ginger tea cakes. "I got the idea for using olive oil in cakes when I tasted desserts in Portuguese cafes," says Jessie, who also won second prize in 2009 and an Honorable Mention in 2008. Judges were intrigued by the cakes' light texture and touch of spice and raved over the easy lemon topping, which provides a perfect balance.

Jessie enjoys gardening with her husband and two daughters but says she does most of her activities at her kitchen table, from freelance writing to teaching writing to devising cooking contest recipes, a hobby that's netted her several prizes. Most recently Jessie competed at the National Festival of Breads in Wichita, Kan., and the National Chicken Cooking Contest in San Antonio. Cooking is also a family affair for Jessie; in fact, this year her husband, Viren Sapat, won an honorable mention for his Indian-inspired chicken tenders (see page 20).

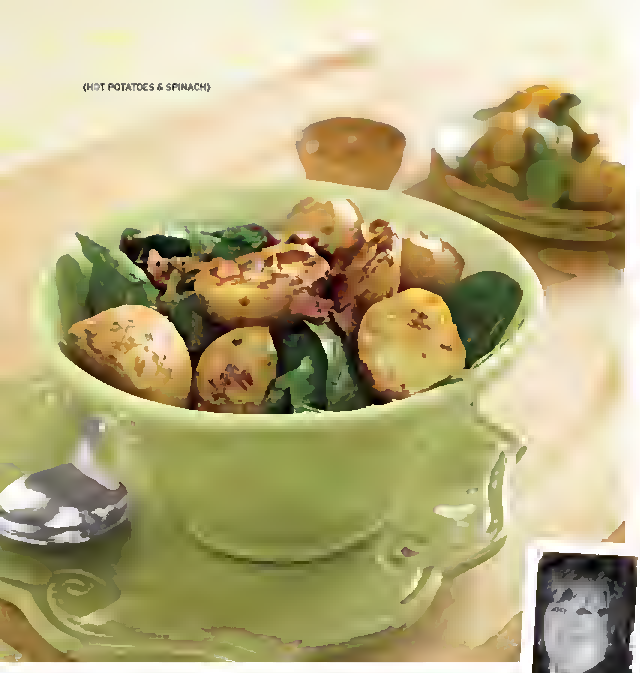
(SPICY GINGER TEA CAKES WITH TART LEMON TOPPING)

Contest

According to the rules, winning recipes must include at least three of the following ingredients:

- Hannaford Baking Cocoa
- Hannaford Frozen Broccoli (any style)
- Hannaford Light Nonfat Plain Yogurt
- Hannaford Penne Rigate Pasta
- Hannaford Sunflower Seeds
- Inspirations Baby Spinach
- Inspirations Black Pepper Dipping Oil
- Inspirations Maine Maple Mustard
- Inspirations Raspberry Peach Fruit Spread
- Inspirations Sesame Ginger Stir Fry Sauce
- Nature's Place Long Grain Brown Rice
- Nature's Place Organic Mint
- Nature's Place Organic Honey
- Nature's Place Peanut Butter (any style)
- Nature's Place Sundried Tomato Balsamic Vinaigrette

FOOD AND PROP STYLING: CATHERINE NEELY



In addition to Jessie's creative cooking her family enjoys stir-fries Mexican food and Indian dishes made with items selected from Hannaford's International aisle "I also hang out in the Organic & Natural aisle " she says "I really do stock my kitchen with Hannaford staples "

SPICY GINGER TEA CAKES WITH TART LEMON TOPPING

YIELDS 18 CAKES (9 SERVINGS)
ACTIVE TIME 20 MINUTES
TOTAL TIME 35 MINUTES

Cakes

- 1 cup all purpose flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- 3 Tbsp. salted butter room temperature
- ¼ cup Inspirations Black Pepper Dipping Oil
- ¼ cup Nature s Place Organic Honey
- ¼ cup sugar
- 1 egg
- 1 tsp vanilla extract
- 1½ tsp grated fresh ginger
- 1 tsp grated lemon zest
- ½ cup Hannaford Light Nonfat Plain Yogurt
- ½ cup chopped walnuts

Tart Lemon Topping

- ½ cup Hannaford Light Nonfat Plain Yogurt
- ½ cup lemon curd
- fresh raspberries, Nature s Place Organic
- Mint leaves (optional garnishes)

1 Preheat oven to 400°F Spray 18 muffin cups with vegetable cooking spray (Use either three 6-cup tins or 9 cups each in two 12-cup tins)

2. In a medium bowl whisk together flour baking powder and baking soda Set aside

3 In a large bowl use an electric beater on medium speed to beat together butter oil honey and sugar until well creamed about 3 to 4 minutes Add egg and mix well Add vanilla ginger and lemon zest and mix well

4 Add half the dry ingredient mixture and half the yogurt and beat Repeat with remaining dry ingredients and yogurt beating until batter is smooth and thick Divide batter among prepared muffin tins making each about ⅔ full. Sprinkle chopped walnuts over the top of each cake Bake for 9 to 11 minutes until cakes are golden brown at the edges and firm to the touch Cool for 5 minutes in pans, then transfer to wire racks.

5 While the tea cakes bake prepare the topping In a medium bowl use an electric mixer on medium speed to beat together the yogurt and lemon curd until smooth Refrigerate until ready to use

6. To serve place 2 cakes slightly warm or at room temperature on a dessert plate Top with tart topping and garnish with fresh raspberries and mint leaves if desired

APPROXIMATE NUTRITIONAL VALUES PER SERVING
280 CALORIES, 37G CARBOHYDRATES 5G PROTEIN 13G FAT (1 5G SATURATED) 25MG CHOLESTEROL, 170MG SODIUM 1G FIBER

THIRD PRIZE

Christine Battles of Sandown, N.H., wins a $500 Hannaford Gift Card

"You can t get much simpler than roasting potatoes after mixing them in a bag," says Christine Battles an accounting director at a travel organization and a passionate home cook An Honorable Mention winner in 2007 Christine tested ideas on her husband, who she says has less than adventurous taste when it comes to sampling new flavors When he tried this delicious recipe he had the same curious expression he had when he tasted her prizewinning EEQ meatloaf two years before she says "So I knew it must be the one!"

Though her hot potatoes and spinach recipe is a snap to prepare Christine loves making complex dishes too "The number of ingredients in a recipe doesn't matter " she says "If it looks tantalizing I'll try it " She confesses however that her talents have limits "I can make you a 14-course meal but I can't make a crust to save my life "

SUMMER CREATE & SHARE WINNERS RECIPE CONTEST

Recently Christine has begun incorporating easier and healthier dishes into her repertoire, but experimenting with food remains an obsession. "Cooking is all about caring, sharing, and family," she says. "It would be a dream job for me."

HOT POTATOES & SPINACH

SERVES 6

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 1 HOUR, 30 MINUTES

Potatoes

- 1 (28 oz.) bag baby Yukon Gold potatoes
- 1 medium yellow onion, halved and cut into ¼ inch thick slices
- 2 garlic cloves, minced
- 3 Tbsp. Inspirations Black Pepper Dipping Oil
- 2 Tbsp. Inspirations Maine Maple Mustard
- 6 pieces Hannaford Maple Flavor Bacon

Dressing and Spinach

- 2 Tbsp. Hannaford Apple Cider Vinegar
- 2 Tbsp. Inspirations Maine Maple Mustard
- 1 Tbsp. Inspirations Black Pepper Dipping Oil
- ¼ tsp. salt, or to taste
- ¼ tsp. freshly ground black pepper, or to taste
- 1 (7 oz.) pkg. Inspirations Baby Spinach

1. Preheat oven to 425°F. Spray a 9 by 13 inch baking pan with vegetable cooking spray.
2. Prepare potatoes: Cut potatoes in half and place in a large resealable plastic bag with onion. In a small bowl, mix garlic, oil, and mustard. Add to the bag and mix to coat the potatoes.
3. Empty bag of potatoes into prepared pan, arranged in a single layer. Bake for 45 to 60 minutes or until potatoes are fork tender. While potatoes cook, cook the bacon in a large skillet over medium heat until crispy, about 20 to 25 minutes. Drain, set aside to cool slightly, then crumble.
4. Prepare the dressing: In a large bowl, whisk together the vinegar, mustard, oil, salt, and pepper.
5. When the potatoes are cooked through, add the spinach to the dressing, toss to coat, then add the hot potatoes and mix gently to coat. Transfer to a serving dish and sprinkle crumbled bacon over the top. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 270 CALORIES, 31G CARBOHYDRATES, 7G PROTEIN, 13G FAT (1G SATURATED), 10MG CHOLESTEROL, 320MG SODIUM, 3G FIBER

HONORABLE MENTION

Rachel Swire of Loudonville, NY, wins a $50 Hannaford Gift Card

"They look like little sandwiches with crust," says Rachel Swire, a two-time Hannaford contest Honorable Mention winner who says she's lucky to love desserts and exercising in equal measure. Rachel, a program director for a nonprofit organization, recently created a tier of fancy cupcakes for her husband's birthday. "I really like making sure all the different flavors, colors, and textures work well together — the whole picture," she says.

(PB&J SANDWICH COOKIES)

PB&J SANDWICH COOKIES

YIELDS 2 DOZEN COOKIES (12 SERVINGS)

ACTIVE TIME: 55 MINUTES

TOTAL TIME: 2 HOURS, 15 MINUTES (INCLUDES COOLING TIME)

Cookies

- ½ cup (1 stick) unsalted butter, at room temperature
- ⅔ cup light brown sugar, packed
- ⅓ cup sugar
- 1 egg
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- ½ tsp. baking soda
- ¼ tsp. salt
- 2 Tbsp. Hannaford Baking Cocoa
- 2 Tbsp. confectioners' sugar
- 1 Tbsp. milk

Filling

- ⅔ cup Nature's Place Creamy Peanut Butter
- ⅓ cup confectioners' sugar
- ⅓ tsp. vanilla
- 2 Tbsp. Nature's Place Organic Honey
- 2 Tbsp. milk
- ⅓ to ½ cup Inspirations Raspberry Peach Fruit Spread

1. Prepare the cookies: In a large bowl, use an electric mixer on medium speed to cream butter, brown sugar, and sugar until well blended. Add egg and vanilla, beat well.
2. In a separate bowl, stir together flour, baking soda, and salt. Gradually blend dry ingredients into butter mixture until just combined. Dough will be very stiff. Divide dough into two equal-size balls.
3. Mix cocoa and confectioners' sugar together in small bowl. Measure 2 (12-inch) sheets of wax paper. Form each ball of dough into an 8 inch log, and place a log on each sheet. Using a pastry brush, lightly coat each log with milk. Sprinkle half the cocoa mixture on each sheet and roll each log firmly in mix-

ture until evenly coated. Roll up each log in wax paper and refrigerate at least 1 hour or overnight.

4. When ready to bake, preheat oven to 375°F. Use a sharp knife to slice logs into ¼ inch slices and arrange on an ungreased baking sheet 1 inch apart. Bake for 8 to 10 minutes until cookies are just firm. Remove immediately to cooling rack.

5. While cookies cool, make the filling. Blend peanut butter, confectioners' sugar, vanilla, and honey in small bowl with an electric mixer on medium speed. Add milk slowly until mixture is smooth.

6. Arrange cooled cookies flat side up and spread half of them with ¾ to 1 tsp. of the peanut butter filling (you might have extra filling). Spread remaining cookies with ½ to ¾ tsp. fruit spread. Gently push cookies together to make sandwiches. Store in an airtight container with wax paper between layers.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
360 CALORIES, 51G CARBOHYDRATES, 7G PROTEIN, 15G FAT (5G SATURATED), 35MG CHOLESTEROL, 160MG SODIUM, 2G FIBER

HONORABLE MENTION

Kathy Slyer of Averill Park, N.Y., wins a $50 Hannaford Gift Card

A mother of three daughters, Kathy Slyer is a family and consumer sciences teacher who likes to add her personal touch to Hannaford brand sauces and marinades. "I've yet to find a Hannaford product that's inferior," she says. Kathy, who enjoys distance running and cooking Indian and Thai food with her family, says, "I saw the list of ingredients and tried to think tasty, nutritious, and something new."

MAPLE SESAME GLAZED CHICKEN OVER PENNE

SERVES 6
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 1 HOUR

- 2 Tbsp. Inspirations Sesame Ginger Stir Fry Sauce
- 2 Tbsp. Nature's Place Organic Honey
- 1 Tbsp. Inspirations Maine Maple Mustard

- ¼ cup balsamic vinegar
- 1 Tbsp. canola oil
- 1 tsp. curry powder
- 1 tsp. ground ginger
- 1 tsp. garlic powder
- 4 (6 oz.) boneless chicken breasts
- 1 (1 lb.) box Hannaford Penne Rigate Pasta
- 2 Tbsp. Inspirations Black Pepper Dipping Oil
- 1 cup Inspirations Baby Spinach, or more to taste

1. Preheat oven to 375°F. Spray a 9 by 13-inch pan with vegetable cooking spray.
2. In a large bowl, mix together stir fry sauce, honey, mustard, vinegar, canola oil, curry powder, ginger, and garlic powder. Add chicken and toss to coat. Let chicken marinate in sauce for 15 minutes.
3. Place chicken breasts in prepared pan and cover with marinade. Bake for 25 to 30 minutes, or until chicken is done.
4. While chicken bakes, prepare the pasta. In a large pot, bring a gallon of water to a boil over high heat. Add 1 Tbsp. salt, stir, and add the penne. Cook until al dente, about 10 to 12 minutes. Drain in a colander.
5. When chicken is done, transfer it to a plate and tent with foil to keep warm. Either place the baking pan on the stove or pour the sauce into a small saucepan. Heat over medium-high heat to thicken slightly, about 4 minutes. Stir frequently.
6. In a large skillet, heat dipping oil over medium-high heat. Add spinach and saute just until wilted, 1 to 2 minutes. If you prefer more spinach, add to taste. Remove from heat, add the drained pasta, and mix with spinach.
7. To serve, transfer pasta to a serving plate. Cut each chicken breast in half and place on top of pasta. Pour remaining thickened sauce over the chicken and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 420 CALORIES, 51G CARBOHYDRATES, 35G PROTEIN, 8G FAT (1G SATURATED), 65MG CHOLESTEROL, 170MG SODIUM, 3G FIBER

HONORABLE MENTION

Viren Sapat of Falmouth, Maine, wins a $50 Hannaford Gift Card

Viren Sapat, who does software support for financial systems, is the husband of second prize winner Jessie Greenson (page 16). About once a week he cooks the foods he was raised on. "In Indian cooking, there's roti, a flat bread; a dry or wet vegetable dish; a soupy dal (lentil stew); and rice," he says. "And maybe a raita — yogurt sauce — depending on how your mother felt that day." He created these Indian-inspired chicken tenders for his daughters.

TANDOORI CHICKEN TENDERS WITH HERBED SPINACH RAITA AND PEPPERY NAAN

SERVES 4
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 40 MINUTES

- 1½ cups Hannaford Light Nonfat Plain Yogurt, divided
- ¾ tsp. salt, divided
- 2 tsp. ground cumin, divided
- 1 tsp. ground coriander
- ½ tsp. ground turmeric
- 1 tsp. garam masala
- ½ tsp. cayenne pepper
- 1½ tsp. minced garlic
- 1½ tsp. grated fresh ginger
- 1 to 1½ lbs. Nature's Place All Natural Chicken Tenders (about 8 pieces)

- 5 to 6 Tbsp. Inspirations Black Pepper Dipping Oil, divided
- 1 (7 oz.) pkg. Inspirations Baby Spinach
- ¼ cup lightly packed cilantro
- ¼ cup lightly packed Nature's Place Organic Mint leaves
- 1 to 1½ cups panko bread crumbs
- 1 (8.8 oz.) pkg. Fabulous Flats Tandoori Naan

1. In a small bowl, mix ¼ cup of the yogurt with ½ tsp. of the salt, 1 tsp. of the cumin, coriander, turmeric, garam masala, cayenne, garlic, and ginger. Add tenders to a resealable plastic bag and pour in yogurt mixture. Toss to coat the chicken. Seal bag and marinate, refrigerated, at least 20 minutes and up to overnight.

2. Heat 1 Tbsp. of the oil in a large non-stick skillet until shimmering. Add spinach and stir-fry until wilted, 3 to 5 minutes. Remove spinach from pan, cool, drain, and squeeze out excess moisture. Chop and set aside.

3. In a food processor or blender, combine remaining 1¼ cups yogurt, cilantro, mint, remaining ¼ tsp. salt and remaining 1 tsp. cumin. Process until mixed. Transfer to a serving bowl, stir in chopped spinach, and refrigerate, covered, until ready to serve.

4. When ready to cook chicken, remove tenders from marinade. Pour panko on a dinner plate and press tenders into panko turning, until well coated.

5. Heat 3 tablespoons of the oil in a large non-stick skillet until shimmering. Cook tenders, in batches if necessary to avoid crowding, 3 to 4 minutes per side or to 165°F (using an instant-read thermometer). Add additional oil to pan if necessary. Transfer to a serving plate.

6. Lightly brush naan with remaining 1 Tbsp. oil and heat in microwave for about 30 seconds. Serve tenders with pieces of the warmed naan and with spinach raita in a bowl on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
710 CALORIES, 54G CARBOHYDRATES, 38G PROTEIN, 24G FAT (16G SATURATED), 75MG CHOLESTEROL, 1,340MG SODIUM, 4G FIBER

(PEANUT BUTTER-FILLED CHOCOLATE CAKE)

HONORABLE MENTION

Barbara Price of Greenwich, N.Y., wins a $50 Hannaford Gift Card

When she's not gardening, editing textbooks, foraging for wild food, or exhibiting her collages and encaustic paint works, Barbara Price edits her performance artist husband's magazine, *Duplex Planet*. "It's all just conversations with the elderly their interesting take on the world," she says. Barbara has a 22-year-old daughter and is a passionate baker. Of her winning cake, she says, "This reminds me of my favorite Drake's cake from my childhood. Funny Bones."

PEANUT BUTTER-FILLED CHOCOLATE CAKE

SERVES 12
ACTIVE TIME: 1 HOUR, 35 MINUTES
TOTAL TIME: 3 HOURS (INCLUDES COOLING TIME)

Cake

- 2 cups all-purpose flour
- ¾ cup Hannaford Baking Cocoa
- 1¾ tsp. baking soda
- ¾ tsp. baking powder
- ½ tsp. salt
- 1 cup (2 sticks) unsalted butter, at room temperature
- 1½ cups sugar
- 2 eggs, at room temperature
- 1 tsp. vanilla extract
- 1¼ cups Hannaford Light Nonfat Plain Yogurt

Peanut Butter Filling

- ¼ cup (½ stick) unsalted butter, at room temperature
- 2 oz. white chocolate, chopped

(ATHENIAN MEZA)

- 3/4 cup Nature's Place Creamy Peanut Butter
- 3/4 cup confectioners' sugar
- pinch salt

Ganache Frosting

- 5 Tbsp heavy cream
- 2 Tbsp light corn syrup
- 4 oz semisweet or bittersweet chocolate chopped (about 2/3 cup)
- 1 Tbsp Hannaford Light Nonfat Plain Yogurt

1. Prepare the cake. Preheat oven to 350°F. Butter and flour 2 (9-inch) round cake pans.
2. In a medium bowl, whisk together flour, cocoa, baking soda, baking powder, and salt. Set aside.
3. In a large bowl, use an electric mixer on medium-high speed to beat the butter with the sugar until fluffy, about 4 minutes. Scrape down the sides, then add eggs, one at a time, beating until each is incorporated. Scrape down the sides, then add vanilla and beat for 2 minutes longer to build structure.
4. Add half the dry ingredients and mix just until combined. Add half the yogurt, mix, then repeat with remaining dry ingredients and yogurt, mixing just until incorporated. The batter will be very thick. Divide evenly between the prepared pans, smoothing the tops. Bake for 25 to 30 minutes, until a tooth pick inserted in the center comes out clean. Be careful not to overbake. Let cakes cool in pans for 10 minutes, then run a knife around edges of pans to loosen and invert layers onto racks. Cool completely. (Cake layers may be made 1 day ahead and stored, well wrapped in plastic wrap, at room temperature, or frozen in freezer storage bags for several weeks.)
5. Prepare the peanut butter filling. Place butter and white chocolate in the top of a double boiler set over just steaming water. Melt over medium-low heat until 3/4 of the butter and chocolate are melted. Remove from heat and stir until melted completely and smooth. Stir in peanut butter, then add confectioners' sugar and salt, mixing until very smooth. Set aside to cool and thicken slightly.
6. Prepare the ganache. Heat cream and corn syrup in the top of a double boiler over steaming water for 2 minutes, until hot. Remove from heat and add chopped chocolate, stirring until melted. Add yogurt and stir to incorporate. Allow to cool slightly so the ganache is thick enough to cling to the top of the cake, but still pourable.
7. Assemble the cake. Place 1 layer on a serving plate, flat side up. Spread peanut butter filling over the cake, then top with second layer, flat side down. Spoon or pour ganache over the top layer, spreading over the surface, allowing a little to dribble over the edges. Let the ganache set before serving, at least 30 minutes. Serve at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
620 CALORIES, 75G CARBOHYDRATES, 12G PROTEIN, 34G FAT (17G SATURATED), 40MG CHOLESTEROL, 430MG SODIUM, 4G FIBER

HONORABLE MENTION

Heather Markowski of Valatie, N.Y., wins a $50 Hannaford Gift Card

Former architect Heather Markowski created her entry during a Friday pizza night with her three home-schooled children. "My husband contributed the name," she says. When she moved to Valatie, N.Y., from Rochester, Heather says she "got hooked on Hannaford and its really nice prices. We try everything — the meats, chicken sausages, cheeses, salad dressings, soups, and chopped tomatoes. And the nonfat yogurt doesn't get watery in smoothies."

ATHENIAN PIZZA

SERVES 6
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 1 HOUR, 5 MINUTES

Yogurt Sauce

- 1/2 cup Hannaford Light Nonfat Plain Yogurt
- 2 Tbsp Hannaford Crumbled Feta Cheese

- 3 Tbsp Nature's Place Sundried Tomato Balsamic Vinaigrette
- 1/2 tsp. chopped Nature's Place fresh dill

Pizza

- 3 Tbsp Inspirations Black Pepper Dipping Oil divided
- Cornmeal for dusting
- 1 (20 oz.) pkg Hannaford Pizza Dough
- 3 large cloves garlic thinly sliced
- 3 Tbsp crumbled Hannaford feta cheese
- 1 1/4 cups shredded Hannaford mozzarella cheese
- 2 cups loosely packed very thinly sliced Inspirations Baby Spinach
- 1/2 cup Hannaford canned diced tomatoes
- 4 Nature's Place Spinach and Garlic Chicken Sausages thinly sliced

1. Preheat oven to 425°F. Put yogurt for the yogurt dressing in a coffee filter set in a strainer and let sit over a bowl for 20 minutes. The yogurt will thicken and lose about half its volume.

2. Meanwhile, prepare the pizza. Spread 2 Tbsp. of the oil on a 13 to 15 inch pizza pan or baking sheet. Dust lightly with corn meal. Stretch pizza dough to fit pan. Brush remaining 1 Tbsp. oil over dough and top with garlic and feta cheese. Prebake crust for 7 minutes until set. Remove crust from oven and raise oven temperature to 450°F.

3. While crust bakes, prepare dressing. In a small jar with a tight fitting lid, combine drained yogurt, feta, vinaigrette, and dill. Shake vigorously until combined.

4. Top baked crust with mozzarella, then spinach, tomatoes, and sausage slices. Spoon yogurt sauce over the top. Bake pizza at 450°F for 12 to 15 minutes, until crust is slightly browned. Remove from oven and let rest for 5 minutes, then cut into slices and serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 600 CALORIES, 53G CARBOHYDRATES, 34G PROTEIN, 27G FAT (6G SATURATED), 50MG CHOLESTEROL, 1,450MG SODIUM, 4G FIBER

(THAI EDAMAME PASTA TOSS)

CHEESE, CREATE & COOK WINNERS RECIPE CONTEST

HONORABLE MENTION

Kathy Brown of Berne, NY, wins a $50 Hannaford Gift Card

Kathy enjoys being creative in the kitchen cooking up recipes with what's on hand. "I made this dish with chicken but had only edamame in the freezer — so then I turned it into a pasta salad." The mom of two is also creative with writing. "I stopped being a local reporter so I could write children's fiction."

THAI EDAMAME PASTA TOSS

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 45 MINUTES

- 8 oz. Hannaford Penne Rigate Pasta
- 1 1/2 cups shelled edamame/soybeans
- 1 lime
- 1/2 cup medium chipotle salsa
- 1/3 cup Nature's Place Crunchy Peanut Butter
- 2 Tbsp Nature's Place Organic Honey
- 1 Tbsp soy sauce
- 1/2 tsp ground ginger
- 1 red bell pepper cut into thin strips
- 2 Tbsp Hannaford Sunflower Seeds

1. Bring 8 cups of water to a boil over high heat. Add 2 tsp. salt, stir, then add pasta. Cook until just al dente, about 10 to 12 minutes.

2. If edamame are frozen, microwave in a medium bowl for 2 to 3 minutes.

3. While pasta cooks, prepare the sauce. Grate the zest from the lime and reserve. In a medium saucepan, combine the juice from the lime, salsa, peanut butter, honey, soy sauce and ginger. Heat over medium low heat until just bubbling. Remove from heat and cool to room temperature, about 15 minutes.

4. Drain pasta and transfer to a serving bowl. Add cooled sauce, edamame, reserved lime zest, red pepper, and sauce. Toss to mix well. Sprinkle sunflower seeds over top and serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 490 CALORIES, 66G CARBOHYDRATES, 20G PROTEIN, 15G FAT (0.3G SATURATED), 0MG CHOLESTEROL, 540MG SODIUM, 8G FIBER ●

Monica Velgos is a freelance food and travel writer based in Cambridge, Mass.

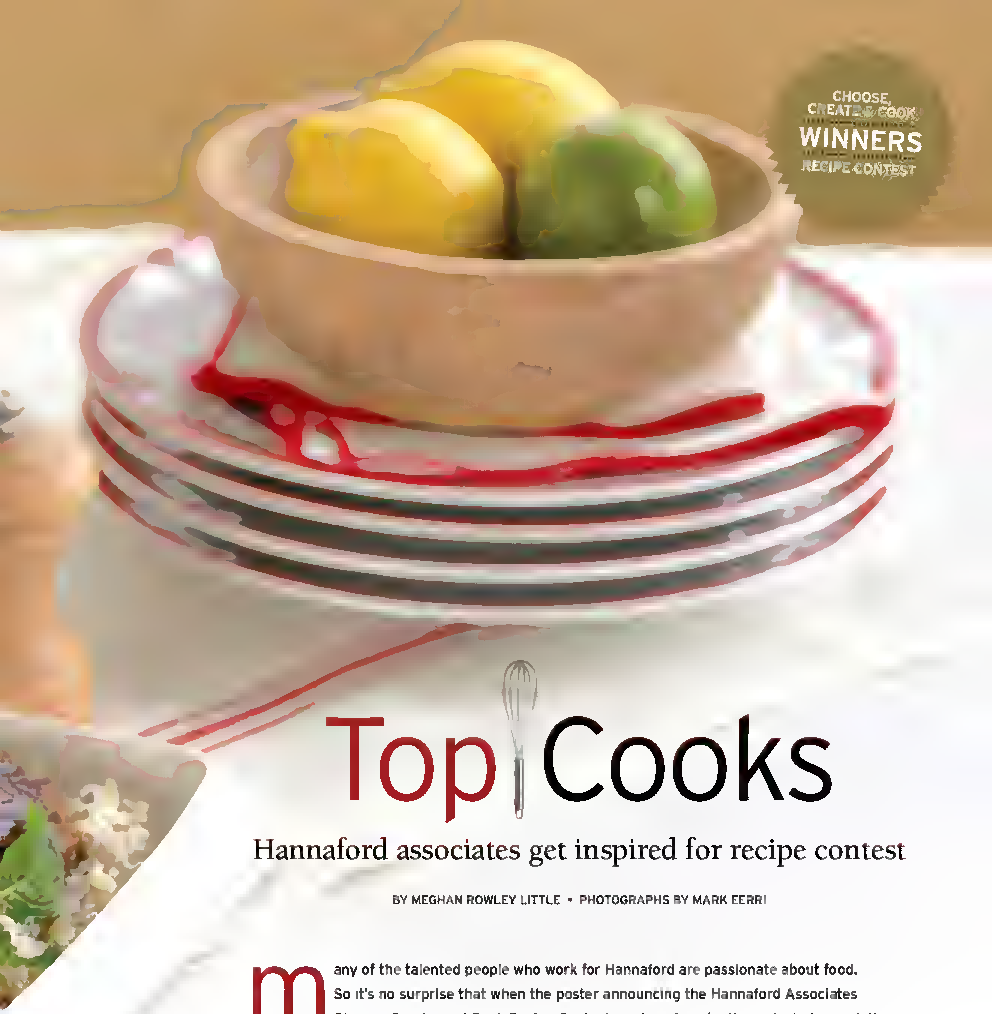
GRAND PRIZE

Cynthia Pappavasiliou wins a $250 Hannaford Gift Card

Cynthia Pappavasiliou was thrilled and honored to win this contest — especially since she almost missed the deadline. Luckily for us, she chose her ingredients, created her Balsamic Lamb Chops with Creamy Minted Rice recipe, and gathered approving testers just in time. "When I first received notice that I had won, I read the note three times in disbelief," she says.

[CONTINUED ON PAGE 26]

[BALSAMIC LAMB CHOPS WITH CREAMY MINTED RICE]



Top Cooks

Hannaford associates get inspired for recipe contest

BY MEGHAN ROWLEY LITTLE • PHOTOGRAPHS BY MARK EERRI

Many of the talented people who work for Hannaford are passionate about food. So it's no surprise that when the poster announcing the Hannaford Associates Choose, Create, and Cook Recipe Contest went up imaginations started percolating throughout our stores Our associates submitted many memorable recipes, and the judges had a tough time narrowing down the field to three winners. In the end, each of these three very different dishes came in with sure-to-please flavor.

CHEESE CREATE & CHEER WINNERS RECIPE CONTEST

[CONTINUED FROM PAGE 24]

Cynthia, a Merchandising Coordinator at Hannaford's corporate office in Scarborough, Maine, has long loved cooking. "My mother is my biggest mentor," she says. "As a child, I spent many hours in the kitchen with her first watching and studying, and eventually participating in the preparations." Now she shares kitchen time with her kids. "It's a great way to connect and share the day's events."

To create her winning dish, Cynthia gave a lot of thought to flavor and took care to avoid overseasoning. "Too often we think we need to add salt and fat to make our food taste good when, in actuality, the ingredients taste best on their own," she says.

BALSAMIC LAMB CHOPS WITH CREAMY MINTED RICE

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 9 HOURS (INCLUDES MARINATING TIME)

- 2 lbs. lamb chops (about 12 chops)
- 1 (8 oz.) bottle Nature's Place® Sundried Tomato Balsamic Vinaigrette
- 1½ cups Nature's Place Long Grain Brown Rice
- 3⅓ cups water (plus more if needed)
- 2 Tbsp. Nature's Place Organic Honey
- 3 Tbsp. chopped Nature's Place Organic Mint
- 1 Tbsp. Taste of Inspirations® Black Pepper Dipping Oil
- ⅔ cup Hannaford Light Nonfat Plain Yogurt
- 2 (7 oz.) pkg. Inspirations Baby Spinach
- Nature's Place Organic Mint leaves for garnish (optional)

1. Place chops in a large resealable plastic bag. Pour vinaigrette over chops, mix to coat all chops, seal bag, and refrigerate for 8 hours or overnight.

2. When ready to cook the chops, preheat oven to 350°F. In a 1½ quart casserole dish, add rice, water, honey, mint, and oil. Cover dish with lid or aluminum foil and cook for 50 to 60 minutes, stirring once midway through. The rice is ready when it is no longer soupy and the water has been absorbed. When rice is done, remove from oven and stir in yogurt. The rice should have the consistency of risotto; if it seems too dry, stir in a few tablespoons of water.

3. While rice cooks, preheat grill on medium heat (or preheat broiler). Take chops from fridge, remove from marinade and discard marinade. If grilling, place lamb chops on direct heat and close cover. Grill 3 to 5 minutes (or broil 6 minutes). Flip chops over and grill an additional 3 to 5 minutes (or broil an additional 6 minutes). When chops are done, remove to a plate and tent with foil.

4. While chops cook, puncture a hole in 1 bag of spinach. Place on a microwave-safe dish and cook for 3 minutes on high. Repeat with second bag of spinach. Transfer cooked spinach from both bags to a cutting board and chop.

5. To serve, divide rice among 4 plates, forming a mound at the center of each dish. Surround each mound with spinach. Top rice with 3 lamb chops and serve immediately, garnished with mint leaves, if desired.

(MAPLE PECAN ENCRUSTED CHICKEN)

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 1,350 CALORIES, 79G CARBOHYDRATES, 70G PROTEIN, 82G FAT (26G SATURATED), 240MG CHOLESTEROL, 760MG SODIUM, 4G FIBER

SECOND PRIZE

Sheilla Dingus wins a $50 Hannaford Gift Card

Second place winner Sheilla Dingus says it's a big thrill to have her Maple Pecan Encrusted Chicken recipe selected as a prizewinner.

Sheilla's education in the kitchen came when she met her first roommate, a young chef. Though he did all the cooking, he took the time to show her the ropes — and provided her with enough motivation to try cooking on her own. Her success lent itself to regular Sunday dinner parties for friends. She most enjoys experimenting with main dishes, specifically finding ways to incorporate nuts. "You can call me the 'nutty cook,'" says Sheilla, an Assistant Scan File Coordinator at the Hannaford store in Belfast, Maine.

It's no surprise then that nuts are featured in Sheilla's winning recipe. She experimented a few times to achieve the correct flavor, and the results delighted our judges.

MAPLE-PECAN ENCRUSTED CHICKEN

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

- 2 (6 oz.) pkg. chopped pecans
- ½ cup cornflake crumbs
- 2 (8 oz.) boneless chicken breasts
- ½ tsp. Inspirations Fleur de Sel sea salt
- 6 Tbsp. unsalted butter
- 3 Tbsp. Inspirations Maine Maple Mustard, divided
- 3 Tbsp. Inspirations Black Pepper Dipping Oil
- ⅔ cup Hannaford Light Nonfat Plain Yogurt
- 2 cups cooked Nature's Place Long Grain Brown Rice
- 1 (16 oz.) pkg. Hannaford Frozen Broccoli, steamed

1. Preheat oven to 350°F.

2. Crush pecans until they are smaller, but not finely ground. Place in a medium bowl

FOOD STYLING: A.J. BATTEFARANO; PROP STYL: NICI FRANCINE MATALON (BEGIN)

(MARINATED ANGUS RIB EYE STEAKS WITH THAI-STYLE PASTA SALAD)

Steak

- 3 Tbsp Inspirations Black Pepper Dipping Oil
- 2 Tbsp Inspirations Maine Maple Mustard
- ½ cup Inspirations Sesame Ginger Stir Fry Sauce
- 2 to 4 Hannaford boneless rib eye steaks

Pasta

- 1 (1 lb.) box Hannaford Penne Rigate Pasta
- 1 (12 oz.) bag frozen Hannaford Microwave Steam In Bag Broccoli Florets
- 3 Tbsp olive oil
- 1 cup Nature's Place Sundried Tomato Balsamic Vinaigrette
- ⅓ cup Nature's Place Creamy Peanut Butter
- ⅓ cup Hannaford Sunflower Seeds
- Salt to taste
- Freshly ground black pepper to taste

and mix with cornflake crumbs. Set aside.
3. Cut chicken breasts in half lengthwise. Pound each half flat with a mallet and sprinkle with salt.
4. In a small saucepan, melt the butter. Remove from heat and whisk in 2 Tbsp. of the mustard. Dip chicken in mustard mixture and then coat heavily with pecan mixture.
5. Heat oil in a large skillet over medium heat. Add chicken and brown 3 minutes per side, then transfer to a baking pan. Discard oil from skillet. Discard any loose pecans that are burned, spoon the rest over chicken. Bake chicken for 10 to 15 minutes, until cooked through.
6. Add yogurt to skillet with heat off, scraping any bits into the yogurt. Whisk in remaining 1 Tbsp. mustard.
7. To serve, divide rice among 4 plates. Place chicken and steamed broccoli on plate next to rice. Drizzle yogurt mustard sauce over the chicken. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 1,480 CALORIES, 116G CARBOHYDRATES, 48G PROTEIN, 94G FAT (17G SATURATED), 115MG CHOLESTEROL, 390MG SODIUM, 18G FIBER

THIRD PRIZE

John Joy wins a $50 Hannaford Gift Card

John Joy loves the cooking process. "Any time you can create something special that people haven't had before and really enjoy it is very satisfying," he says. That's just what happened when he came up with his winning Marinated Angus Rib Eye Steaks with Thai-Style Pasta Salad.

"This is probably best as a summer dinner," says John, a Pharmacist Manager in Hannaford's Morrisville, VT, store. Since he's partial to experimenting with sauces, spices, and marinades, it makes sense that John thinks the marinade is the best part.

While not all his creative efforts are successful, John says sometimes you have to fail to discover the stars. This recipe is one find that our judges agreed works beautifully.

MARINATED ANGUS RIB EYE STEAKS WITH THAI-STYLE PASTA SALAD

SERVE 6
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 5 HOURS 15 MINUTES
(INCLUDES MARINATING TIME)

1. Prepare the steak. In a small bowl, whisk together oil, mustard and stir fry sauce until well combined. Place steaks in a resealable bag and add marinade, making sure to completely coat steak. Seal and marinate in refrigerator for 4 to 6 hours.
2. When ready to cook, preheat grill. Remove steak from fridge and allow to warm up slightly while you prepare the pasta. Bring 1 gallon of water to boil in a large pot over high heat. Add 1 Tbsp. salt and the pasta and stir. Cook until pasta is al dente, about 10 to 12 minutes.
3. While pasta cooks, cook broccoli in bag according to package instructions. Transfer to a large bowl. Drain pasta and add to broccoli, along with the olive oil. Stir to mix well.
4. In a small bowl, combine vinaigrette and peanut butter and mix until smooth. Add to the pasta and stir to distribute evenly. Stir in sunflower seeds. Season with salt and pepper to taste.
5. Remove steak from the marinade and discard marinade. Grill to desired doneness.
6. To serve, divide steaks among 6 plates and serve with pasta salad on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 820 CALORIES, 72G CARBOHYDRATES, 41G PROTEIN, 52G FAT (5G SATURATED), 75MG CHOLESTEROL, 810MG SODIUM, 5G FIBER ●

(MAPLE BALSAMIC GLAZED SMOKE FISH STEAKS WITH SWISS CHARD)

this sweet northern treat has a special place at every meal

cooking with maple syrup

BY JANE DORNBUSCH PHOTOGRAPHS BY KELLER + KELLER

The earliest crop of spring isn't found in the produce department; it's usually sold in glass bottles or plastic jugs, somewhere near the baking supplies. You don't chop it up for salad or sauté it in stir-fries – you're much more likely to pour it over your pancakes. It's maple syrup, of course, and long before the first dandelion heads or rhubarb make their appearance, producers throughout northern New England, New York, and Canada are tapping trees for the rising sap that will be boiled down into the sweet, distinctive syrup.

Like any agricultural product, maple syrup has a season, and that season is now – late winter into early spring. "In order for sap to run, we're looking for [illegible] temperatures [illegible] Matisse of Highland Sugarworks, which has been supplying maple syrup to Hannaford stores for more than 20 years. The daily freezing-thawing cycle, he says, creates a "hydraulic system" that pumps the sap through the trees and into the taps that draw it out. Matisse's operation is located in central Vermont, and this window of opportunity is generally mid-March to mid-April – give or take a few weeks, as the whole process is subject to the whims of nature.

Once the sap starts flowing, maple producers get busy often working around the clock to maximize production while they can Processing sap quickly says MacIsaac is key to a fresher product The centuries old tradition of attaching buckets to maple trees isn't nearly efficient enough for today's commercial producers Most use a system of tubing that transports sap from the trees to a central processing area Straight from the trees sap is thin clear and just barely sweet It needs to be boiled down — and boiled down some more — to deliver the dark golden syrup It takes 40 gallons of sap to yield one gallon of maple syrup

Syrup can be processed into varying degrees or grades of color and flavor The Highland Sugarworks syrup sold at Hanaford markets says MacIsaac is Grade A Medium Amber "Medium has by definition that characteristic maple flavor" he says "It has a really nice bouquet"

That bouquet can lend a special flair to all kinds of dishes — not just waffles and pancakes The distinctive flavor of pure maple syrup marries well with a wide range of ingredients as the recipes below demonstrate Bring a taste of early spring to your table with these maple infused dishes.

(VEGETARIAN MAPLE "BAKED" BEANS)

MAPLE-BALSAMIC GLAZED SWORDFISH STEAKS WITH SWISS CHARD

SERVES 4
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 1 HOUR 15 MINUTES, TO 2 HOURS 45 MINUTES (INCLUDES MARINATING TIME)

Maple syrup and balsamic vinegar combine to give this easy yet elegant dish an irresistible sweet-and-sour flavor while plenty of black pepper adds a kick. You can use any Swiss chard but red chard looks especially nice Recipe may be halved

- ⅓ cup balsamic vinegar
- ⅓ cup pure maple syrup
- 2 Tbsp reduced-sodium soy sauce
- 4 (6 to 8 oz) swordfish steaks, each about 1 inch thick
- 1 bunch Swiss chard
- 1½ Tbsp freshly ground black pepper or to taste
- 1 Tbsp olive oil

1. In a small saucepan combine the vinegar syrup and soy sauce Simmer over low heat until mixture is slightly syrupy and reduced by one-third about 10 to 14 minutes Remove from heat and let cool to room temperature

2 Place swordfish steaks in a resealable plastic bag Pour the cooled balsamic-maple mixture into the bag turn to coat fish and refrigerate for at least 30 minutes up to 2 hours

3. While fish marinates slice chard into 1 inch wide ribbons discarding any thicker or tough stems Thoroughly wash the chard in cold water drain in a colander and set aside

THE REAL THING

If it says "maple syrup" on the label then it must be just that pure maple sap boiled down so that much of the water has evaporated and the sugars are concentrated Maple flavored or maple tasting syrup may contain some maple but also includes other ingredients. Bottles labeled pancake syrup or just syrup generally contain no real maple For cooking be sure you use only pure maple syrup

FOOD STYLING: MARY JANE SAWYER PROP STYLING: LAUREN MILES

4. Preheat oven to 425°F. Line a rimmed baking sheet with foil and spray with vegetable cooking spray.
5. Remove swordfish from marinade, reserving marinade in a small saucepan. Place steaks on the prepared baking sheet and sprinkle generously on both sides with pepper.
6. Bake the swordfish for 12 to 15 minutes until just cooked through (fish should flake easily with a fork).
7. While fish cooks, heat saucepan with marinade over high heat and bring to a boil. Then lower heat and simmer for 5 to 10 minutes to reduce by about one third.
8. While marinade simmers, heat oil in a large skillet over medium heat. Add the chard and sauté, stirring just until wilted, about 7 minutes. Transfer the cooked chard to a serving dish or platter. Top with the cooked swordfish steaks. Drizzle the simmered reserved marinade over the fish and cooked chard. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
340 CALORIES, 27G CARBOHYDRATES, 34G PROTEIN, 10G FAT (2G SATURATED), 60MG CHOLESTEROL, 530MG SODIUM, 2G FIBER

VEGETARIAN MAPLE "BAKED" BEANS

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: ABOUT 14 HOURS, 20 MINUTES (INCLUDES SOAKING TIME)

Dried beans require some extra time for soaking and boiling, but they make this old-fashioned favorite special. The gentle heat of the slow cooker leaves the beans tender but not mushy. Vegetarian bacon, made from soy, lends a smoky flavor, but feel free to omit it if you prefer. The dish may be refrigerated for up to four days and reheated in a 325°F oven. Recipe may be halved and may be frozen.

- 2 cups dried navy beans or other small white beans, rinsed and picked over
- ½ large onion, diced
- 1 dried chipotle pepper (found in Produce)
- 3 strips vegetarian bacon (such as Light Life Smart Bacon), diced (optional)
- ⅓ cup barbecue sauce
- ⅔ cup no salt or reduced sodium ketchup (such as Heinz No Salt Added Ketchup)
- ½ cup pure maple syrup
- 1 tsp. dry mustard
- 1 Tbsp. reduced sodium soy sauce
- 1 Tbsp. cider vinegar

1. Place beans in a large pot or bowl and cover with cold water 2 inches higher than the level of the beans. Cover and soak overnight. Then drain and rinse. (Alternatively, place the beans in a large stockpot, add 8 cups cold water, and bring to a boil. Allow to boil vigorously for 1 minute. Then

WINE TIPS

Sparkling wines are surprisingly versatile and pair well with sweet ingredients like maple. Barefoot Bubbly Pinot Grigio can lift the flavors of the Vegetarian Maple "Baked" Beans, while Ballatore Spumante nicely complements the Maple Balsamic Glazed Swordfish without being overwhelmed by its glaze. Enjoy Hogue Cellars Riesling with the Chicken Salad with Tangy Maple Dressing and savor the aromas of orange blossom and apricot.

(MAPLE WALNUT BLONDIES)

(CHICKEN SALAD WITH TANGY MAPLE DRESSING)

remove from heat and let the beans soak for 1½ hours. Drain and rinse the beans, and proceed with step 2.)

2. Place the soaked beans in a large sauce pan, add cold water to cover by 3 or 4 inches, and bring to a boil. Boil vigorously for 5 minutes, then lower to a simmer. Cook beans until just tender. Cooking time can vary, depending on the age and freshness of the beans. Start checking after 20 minutes; they may take as long as an hour. Beans will continue to cook in the slow cooker, so they shouldn't be cooked too soft at this stage.

3. Drain the cooked beans, reserving the cooking water. Place beans in a medium or large slow cooker.

4. In a medium saucepan, combine the onion, chipotle, vegetarian bacon (if using), barbecue sauce, ketchup, maple syrup, mustard, soy sauce, and vinegar. Bring to a simmer and cook on low heat for 5 minutes, to allow the flavors to blend.

5. Pour the sauce over the beans and stir briefly and gently (you don't want to break up the beans). If needed, add about ½ cup of the reserved cooking water to moisten the beans.

6. Cook the beans on the low setting for 5 to 6 hours, until tender. Check periodically to make sure they're not drying out, stirring gently as you check. If they seem to be getting too dry, add some of the reserved bean liquid. If you'd like them thicker, remove the lid for the last 20 minutes of cooking time. Serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 41G CARBOHYDRATES, 8G PROTEIN, 2G FAT (0G SATURATED), 0MG CHOLESTEROL, 320MG SODIUM, 5G FIBER.

MAPLE WALNUT BLONDIES

YIELDS 16 SERVINGS
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 1 HOUR, 5 MINUTES

Maple syrup makes these bars moist and chewy, and a bit of whole wheat flour gives them some heft. These will keep for up to 4 days stored in an airtight container. May be frozen.

SUGAR ON SNOW

When the sap starts flowing in maple country there's usually still snow on the ground. That's when sugarhouses offer a classic old time treat that you can create at home. Bring pure maple syrup to a boil and heat to a temperature of at 240°F (testing with a candy thermometer). Pour it immediately without stirring into a bowl of clean snow or shaved ice. It will form a clear taffy like sheet that can be twirled and eaten with a fork. Traditional to serve this sweet treat with pickles and plain doughnuts.

- ½ cup (1 stick) unsalted butter
- ½ cup light brown sugar, packed
- ⅔ cup pure maple syrup
- ⅔ cup all purpose flour
- ½ cup whole wheat flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 egg
- 1 tsp. vanilla extract
- ½ cup chopped walnuts
- ½ cup semisweet chocolate chips (optional)

1. Preheat oven to 350°F. Grease an 8- or 9-inch square baking pan.
2. In a medium saucepan, melt butter over medium low heat, stirring occasionally. Remove pan from heat and whisk in brown sugar and maple syrup. Set mixture aside to cool slightly.
3. In a medium bowl, sift or stir together both flours, baking powder, and salt. Set aside.
4. After butter mixture has cooled for about 5 minutes, whisk in egg and vanilla. Stir in flour mixture just until combined. Stir in walnuts (and chocolate chips, if desired).
5. Pour batter into prepared pan. Bake for 35 to 42 minutes, until just set. Remove pan to a rack and let cool for at least 1 hour before cutting. When blondies are cool, cut into 16 squares. Serve at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 170 CALORIES, 23G CARBOHYDRATES, 2G PROTEIN, 9G FAT (4G SATURATED), 25MG CHOLESTEROL, 80MG SODIUM, 1G FIBER

CHICKEN SALAD WITH TANGY MAPLE DRESSING

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 20 MINUTES

A combination of white and dark meat works well in this substantial salad, and buttermilk and rice vinegar add tang to the mildly sweet dressing. The chicken salad may be refrigerated for up to 3 days in an airtight container. Recipe may be halved.

- ½ cup pecan halves
- ½ cup light mayonnaise
- 2 Tbsp. rice vinegar
- ¼ cup fat free buttermilk
- 3 Tbsp. pure maple syrup
- 1 tsp. curry powder
- 2 lbs. cold cooked chicken, preferably a mix of white and dark meat, diced
- ½ cup dried cranberries
- 4 scallions, chopped
- ¼ tsp. salt, or to taste
- ½ tsp. freshly ground black pepper, or to taste
- 1 head Boston (butter) lettuce, escarole, or curly endive (frisee), washed, dried, and torn into bite size pieces

1. Place pecans in a small skillet. Toast over medium heat, until they just begin to smell toasted and turn light brown. Shake skillet to toast evenly. As soon as nuts start to color, remove from heat and pour onto a plate to cool. Set aside.
2. Combine mayonnaise, vinegar, buttermilk, syrup, and curry powder in a jar with a tight-fitting lid. Shake vigorously until ingredients are well combined.
3. In a large bowl, combine chicken, toasted pecans, cranberries, scallions, salt, and pepper. Toss to mix, then pour dressing over salad to taste. (You might not need all of it to moisten the salad to your liking.) Store extra dressing in jar, refrigerated, for up to 3 days.
4. To serve, line a serving plate with the greens and mound the chicken salad in the middle. Serve at once, or refrigerate for up to 2 hours before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 370 CALORIES, 34G CARBOHYDRATES, 24G PROTEIN, 17G FAT (2.3G SATURATED), 65MG CHOLESTEROL, 980MG SODIUM, 4G FIBER

GOOD AND HEALTHY

Pure maple syrup is an all natural product that contains several important minerals, including calcium, potassium, magnesium, phosphorus, and iron. Maple syrup also has trace amounts of several B vitamins, as well as amino acids.

Jane Dornbusch is a Boston based food writer whose work has appeared in the Boston Globe, Boston Herald, Cooking Light, Yankee Magazine, and elsewhere.

Springtime Classics

Favorite centerpiece entrées are quick and easy with the help of Taste of Inspirations

RECIPES BY KIMBERLY MAYONE PHOTOGRAPHS BY KEL

For springtime gatherings, an impressive cured ham or leg of lamb adds a festive touch with minimal prep work. Our Taste of Inspirations® smoked hams are already fully cooked — just heat and serve. With our Honey and Orange Glazed Ham recipe enhanced with a blend of Inspirations sauces and spreads, you'll need just 10 minutes of prep time to make a delicious meal for 14. Start with a Spiral Sliced Ham, which is slow smoked and honey cured for top-notch taste. With this as the centerpiece, you'll need little else to complete the feast.

If you're feeding a smaller crowd, our meat case has a full selection of ham steaks and small boneless hams. And our Deli staff will be happy to cut thick slices of Inspirations hams, including Black Forest and Maple Brown Sugar. Since ham is already cooked, it's a great addition to casseroles — diced, the meat goes well with potatoes, rice, or pasta, as in our Ham and Asparagus Casserole. Fancy enough for a holiday table, but easy enough for weeknight or make-ahead cooking, this casserole is an appealing, homey dish. The crispy garlicky bread crumb topping is sure to become a household favorite.

Lamb is a perfect food for the transition from winter to spring. Inspirations vinaigrettes and rubs complement the meat's assertive flavor. In Moroccan Roasted Lamb and Vegetables, the spice rub for the lamb is also used on the vegetables, which are infused with flavor as they slowly roast with the meat.

Both ham and lamb pair well with green vegetables. Try broccoli or broccoli rabe, green beans, or springtime favorites like asparagus, peas, or fiddleheads. Inspirations sauces, dipping oils, and rubs add great flavor to ham and lamb as well as veggies, making it easy to prepare a meal that family and guests are sure to appreciate.

GOOD AND HEALTHY

Oven-Roasted Vegetables

When vegetables are roasted, the radiant heat of the oven intensifies the flavor of the vegetables and the seasonings, which means you can cut back on the amount of fat and salt. Almost any vegetable, from hearty butternut squash to delicate tomatoes, can be oven roasted with success.

HONEY AND ORANGE GLAZED HAM

SERVES 14

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 2 HOURS 10 MINUTES

When it comes to entertaining, this ham is a superlative choice, with a sweet honey glaze complementing the smoked ham perfectly. Recipe may be halved and may be frozen.

- 1 (9 to 11 lbs.) Taste of Inspirations Spiral Sliced Ham
- ¼ cup Inspirations Honey and Ginger Spread
- 2 Tbsp. Inspirations Mandarin Orange Vinaigrette
- 2 Tbsp. orange marmalade
- 1 Tbsp. Inspirations Honey Mustard

1 Preheat oven to 275°F. Place ham in a roasting pan, meat side down, bone side up. Wrap exposed ham with foil or place ham in an oven roasting bag. (Discard glaze packet included with the ham or reserve for another use.) Bake ham for 1 hour and 20 minutes.

2 Make glaze by whisking honey-ginger spread, vinaigrette, marmalade, and mustard together in a small bowl. Remove ham from oven and unwrap. Brush ham with glaze, return to oven for 10 minutes, and repeat two more times, glazing and baking. On third glazing, brush all remaining glaze onto ham. Remove ham from oven after the third glazed baking. Let ham rest for 10 minutes before carving.

3 To serve, carve ham by cutting around the bone to loosen the spiral slices. Slice most of the ham, and place slices on a serving platter along with remaining meat on the bone. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 620 CALORIES, 10G CARBOHYDRATES, 52G PROTEIN, 39G FAT (14G SATURATED), 210MG CHOLESTEROL, 2,850MG SODIUM, 0G FIBER

INSPIRED IDEAS FOR LEFTOVER HAM

Ham Fried Rice: Sauté rice, peas, celery, and ham in Taste of Inspirations® Garlic Dipping Oil. Then mix with a few tablespoons of Inspirations Lemon Dill Grilling Sauce.

Ham and Cheese Omelet: Fill an omelet with chopped ham, some Inspirations Dill Havarti, and a dab of Inspirations Irish Stout Mustard.

Chef's Salad: Combine leftover ham with Inspirations Spring Mix, Inspirations Smoked Swiss Cheese, turkey, and hard-boiled eggs. Toss with Inspirations Buttermilk Ranch Dressing.

FOOD STYLING: MARY JANE SAWYER; PROP STYLING: LAUREN MILES

(HONEY AND ORANGE GLAZED HAM)

(HAM AND ASPARAGUS CASSEROLE)

HAM AND ASPARAGUS CASSEROLE

SERVES 6
ACTIVE TIME 40 MINUTES
TOTAL TIME 1 HOUR 5 MINUTES

This creamy casserole with its crunchy bread crumb topping is a great stand-alone dish for dinner or a lovely addition to a holiday buffet. Recipe may be halved (use a 9-inch square pan) and may be frozen.

- 1 1/3 cups whole wheat elbow macaroni (or 3 cups cooked)
- 1 (12 oz.) can low-fat evaporated milk
- 1/4 cup water
- 1 Tbsp. cornstarch
- 1 Tbsp. Inspirations Northwoods Garlic Pepper Rub
- 1/4 tsp. Inspirations Fleur de Sel sea salt, or to taste
- 3 Tbsp. Inspirations French Dijon Simmer Sauce
- 1/2 cup light sour cream
- 1/4 cup grated Parmesan cheese
- 2 cups chopped cooked ham (1 inch pieces), about 10 oz.
- 1 Tbsp. Inspirations Garlic Dipping Oil, divided
- 3 Tbsp. bread crumbs
- 1 shallot, finely chopped
- 1 (8 oz.) pkg. sliced mushrooms
- 1 1/2 lbs. asparagus, ends trimmed, cut into 1 inch pieces

1. Preheat oven to 350°F. Spray a 9-by-13-inch pan with vegetable cooking spray.
2. Bring a medium pot of water to a boil over high heat. Add macaroni and stir. Cook for 6 to 7 minutes, drain, and rinse macaroni. Pasta should be slightly firmer than al dente.
3. While water on stove comes to boil, whisk together milk, 1/4 cup water, cornstarch, garlic rub, and salt in a microwave-safe bowl. Microwave on high for 1 minute. Rewhisk and microwave at 1-minute intervals until sauce boils and thickens. It may take up to 5 minutes, depending on your microwave. Transfer the sauce to a large mixing bowl and stir in the simmer sauce, sour cream, Parmesan, ham, and pasta. Mix until evenly blended. Set aside.
4. Add 2 tsp. of the oil to a large nonstick skillet and heat over medium heat. Add bread crumbs and stir until coated with oil and toasted, about 1 to 2 minutes. Transfer bread crumbs to a plate and wipe out pan.
5. Spray pan with vegetable cooking spray and add remaining 1 tsp. oil. Heat over medium-high heat and add shallot. Cook and stir until fragrant and sizzling, about 2 minutes. Add mushrooms and stir to combine. Cook mushrooms for 5 minutes; they should reduce in size and start to brown. Add asparagus and stir to combine. Cook until bright green, about 3 minutes.
6. Add cooked vegetables to the pasta mixture and stir until evenly blended. Transfer the mixture to the prepared baking pan. Sprinkle the bread crumbs over the top. (The casserole can be made to this point in advance, cover and freeze for up to 1 month until needed.)
7. Bake for 18 to 20 minutes, until bubbly. (If frozen, place unwrapped casserole in oven as it preheats, and bake at 350°F for 25 to 35 minutes until heated through and bubbling.)
8. Let casserole rest for 5 minutes before serving. Serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
330 CALORIES, 38G CARBOHYDRATES, 23G PROTEIN, 10G FAT (4.5G SATURATED), 45MG CHOLESTEROL, 940MG SODIUM, 5G FIBER

WINE TIPS

Baked ham is great with any off-dry Riesling, and citrusy Hogue Cellars Late Harvest White Riesling is a great match with Honey and Orange Baked Ham. Mirassou Chardonnay, with its subtle creamy and slightly toasty notes, would pair well with Ham and Asparagus Casserole. Wine-friendly lamb with complex flavors, as in Moroccan Roasted Lamb and Vegetables, calls for an Australian Shiraz such as McWilliam's.

MOROCCAN ROASTED LAMB AND VEGETABLES

SERVES 8
ACTIVE TIME 33 MINUTES
TOTAL TIME 3 HOURS 10 MINUTES
(FOR MEDIUM DONENESS)

Heady, aromatic spices season a succulent lamb roast and a vegetable medley of cauliflower, carrots, and onions. Serve with classic couscous for a complete Moroccan dining experience.

- 2 Tbsp. paprika
- 1 Tbsp. sugar
- 1 1/2 tsp. ground cumin
- 1/2 tsp. ground cinnamon
- 1 tsp. ground ginger
- 2 tsp. turmeric
- 1/8 tsp. cayenne pepper, or to taste
- 1/2 tsp. dry mustard
- 1 Tbsp. Inspirations Monterey Citrus Pepper Rub

INSPIRED IDEAS FOR LEFTOVER LAMB

Lamb Pita Pockets Place sliced lamb, crumbled feta, cucumbers, Taste of Inspirations® Baby Romaine, and Inspirations Black Olive Tapenade in a whole wheat pita

Lamb Salad Top Inspirations Baby Spinach with halved grape tomatoes, shredded carrots and leftover lamb and drizzle with Inspirations Pomegranate Blood Orange Vinaigrette

Lamb Pizza. Bake a whole wheat pizza shell topped with sliced lamb, Inspirations Roasted Red Pepper and Tomato Bruschetta, fresh parsley, and goat cheese crumbles

(MOROCCAN ROASTED LAMB AND VEGETABLES)

- ¼ cup Inspirations Pomegranate Blood Orange Vinaigrette, divided
- 1 (5 lbs.) boneless leg of lamb roast, net removed and discarded
- 1 lb. carrots, peeled, halved and cut into ½-inch pieces
- 1 head cauliflower (about 1 lb.), trimmed and cut into bite-size florets
- 5 celery stalks, ends trimmed, cut into ½ inch pieces
- 1 small red onion, chopped
- 1 Tbsp. Inspirations Garlic Dipping Oil
- 1 (14.5 oz.) can diced tomatoes
- 3 Tbsp. finely chopped fresh cilantro

1 Preheat oven to 425°F. Spray a large roasting pan with vegetable cooking spray. Set aside.

2 In a small mixing bowl, whisk together paprika, sugar, cumin, cinnamon, ginger, turmeric, cayenne, mustard, and citrus pepper rub until evenly blended. Set aside 2 Tbsp. of the spice mixture and mix the remaining with 2 Tbsp. of the vinaigrette to make a paste. Rub the paste all over the lamb roast. Set the lamb in the middle of the roasting pan.

3 Add carrots, cauliflower, celery, and onion to a large mixing bowl, drizzle oil and remaining 2 Tbsp. vinaigrette over the vegetables, and toss well to coat. Sprinkle reserved spice mixture over the vegetables and toss well to coat. Place the vegetables in the pan around the roast.

4 Place the pan in the oven. Cook for 15 minutes at 425°F then reduce heat to 350°F. Roast lamb for 1 hour 40 minutes for medium doneness (150°F internal temperature on an instant read thermometer; rare is 135°F and well done is 170°F).

5 Remove lamb from oven and tent with foil. Transfer vegetables to a large serving bowl, add tomatoes and cilantro, and toss well until evenly mixed. Allow lamb to rest for 10 minutes before carving.

6 Thinly slice lamb and place it on a serving platter with couscous, if desired. Serve warm with the bowl of vegetables on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 500 CALORIES, 19G CARBOHYDRATES, 61G PROTEIN, 20G FAT (7G SATURATED), 180MG CHOLESTEROL, 430MG SODIUM, 5G FIBER ●

Dessert for Dinner

Pies, puddings, and tarts are sure to delight your kids as an evening meal

BY DEBBIE MALONEY PH

A dinner built around a bread pudding tart or cobbler sounds almost decadent Dessert for the main course? Not exactly We've taken a cue from some traditional desserts and replaced the sweetness with savory ingredients to create flavorful entrées They taste delicious and your kids will love eating pie for dinner

These recipes have a long history — they came to the United States with the Pilgrims Colonists made bread puddings as a way to use up day-old bread — a custard of eggs and milk gave new life to bread that was going dry transforming it into something delicious Cobblers were small mounds of pastry dough baked atop a pan of sweetened fruit Tarts were the original open faced single-crusted versions of pies

The classic techniques involved in putting these dishes together work just as well for lunch or dinner entrées in a modern kitchen. Our bread pudding is influenced by a family favorite the tuna melt sandwich The chili cobbler is a handy and hearty one-dish meal with a flavorful corn bread topping. Sweet potatoes form the base for an unusual crust for a creamy spinach custard flavored with kid approved feta cheese.

These dishes come together relatively quickly with flavors that kids will enjoy And with dinner "desserts," you won't have to think twice about offering a second helping

(TUNA MELT BREAD PUDDING)

TUNA MELT BREAD PUDDING

SERVES 6
ACTIVE TIME 25 MINUTES
TOTAL TIME 1 HOUR, 20 MINUTES

This dish is versatile — try it with chicken ham or spinach in place of the tuna or substitute reduced fat Cheddar or Monterey Jack in place of the mozzarella. May be frozen and may be halved baked in an 8-inch by-4-inch loaf pan

What Kids Can Do

* Line baking sheet and spray casserole dish.
* Tear bread into 1-inch pieces
* Layer ingredients in casserole dish
* Beat eggs and pour over tuna mixture
* Press down bread

6 (1 inch thick) slices Italian bread
½ cup frozen petite peas
2 (5 to 6 oz.) cans low sodium or no salt added tuna packed in water, drained
1 cup shredded part skim mozzarella divided
4 eggs
1½ cups skim milk
1 Tbsp chopped fresh dill or ½ tsp. dried (optional)

FOOD STYL NIC A.J. BATT FARANE PROP STYLING FRANCINE MATALON-BEAN MODEL JOELYSSA NUNEZ

¼ tsp. salt or to taste
½ tsp. freshly ground black pepper

1 Preheat oven to 350°F. Line a baking sheet with parchment paper. Lightly spray an 8- or 9-inch square pan with vegetable cooking spray.
2 Cut or tear (kids like tearing) bread slices into 1-inch pieces, place on baking sheet and toast in oven for 10 minutes. Bread should be dried, but not browned. Transfer bread to the square pan.
3 Add peas, tuna, and ¾ cup of the cheese to the pan and stir gently to distribute.
4 In a medium bowl, gently beat eggs, then add milk, dill (if using), salt, and pepper, and mix gently to combine well, try not to let the mixture get too foamy. Pour over bread in pan. Press bread cubes down with back of spoon. Allow to sit for at least 15 minutes or until bread absorbs some of the liquid. Sprinkle surface with remaining ¼ cup cheese. (Can be made to this point 1 day in advance. Keep covered and refrigerated.)
5 Bake for 45 minutes or until set (add 5 minutes if made in advance and refrigerated). Let rest in pan 5 minutes, then serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 330 CALORIES, 21G CARBOHYDRATES, 30G PROTEIN, 12G FAT (3.5G SATURATED), 140MG CHOLESTEROL, 550MG SODIUM, 1G FIBER.

CHILI CORN BREAD COBBLER

SERVES 6
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 1 HOUR, 10 MINUTES

Baked on top of chili, corn bread absorbs some of the spicy flavors. For a vegetarian version, replace the turkey with a second can of beans. May be frozen.

What Kids Can Do

* Measure ingredients
* Blend dry ingredients
* Combine eggs with buttermilk
* Spray casserole dish
* Top chili with batter

Chili

2 Tbsp. olive oil, divided
½ medium onion, diced
½ small green pepper, diced
2 cloves garlic, minced
1 lb. ground turkey breast
3 (8 oz.) cans no salt added tomato sauce
1½ tsp. ground cumin
1 tsp. chili powder, or to taste
1 (15.5 oz.) can red kidney beans
½ tsp. freshly ground black pepper, or to taste
¾ cup grated Cheddar cheese (optional garnish)
¾ cup nonfat plain Greek style yogurt or sour cream (optional garnish)

Corn Bread

1 cup flour
1 cup cornmeal
1¼ tsp. baking powder
¼ tsp. salt
2 eggs
1 cup low fat or fat-free buttermilk

1 Preheat oven to 350°F. Lightly spray a 2-quart casserole dish with vegetable cooking spray.
2 Prepare the chili. Heat 1 Tbsp. of the oil in a large pot over medium heat. Add onion and pepper and saute for 5 minutes, or until vegetables are soft. Add garlic and stir for 1 more minute. Transfer vegetables to a plate and reserve.
3 Add remaining 1 Tbsp. oil to pan and saute turkey, breaking up meat periodically with a spoon. When turkey is no longer pink, about 10 minutes, lower heat slightly. Return vegetables to the pan and add tomato sauce, cumin, and chili powder. Stir well, then cook for 5 minutes. Add kidney beans with their liquid and continue to cook, stirring occasionally, for an additional 5 minutes. Season with pepper. Then pour chili into prepared casserole dish. Set aside.
4. Prepare the corn bread. In a medium bowl, stir together flour, cornmeal, baking powder, and salt until well combined.
5 In a separate bowl, whisk eggs. Then stir in buttermilk. Pour the egg mixture into the dry ingredients and stir gently to combine. Do not overmix. Drop corn bread mixture over chili a spoonful at a time.
6 Bake 30 minutes, or until a toothpick inserted in the corn bread comes out with only a few moist crumbs on it. Let rest 5 minutes, then serve hot, in shallow bowls.


(CHILI CORN BREAD COBBLER)

GOOD TO THE LAST CRUMB

Bread puddings are a terrific way to use up leftover bread. You don't even have to toast the bread cubes if the bread is dry enough; leaving it out overnight will usually do the trick. Any leftover stale bread can be turned into croutons for soups and salads, or pulverized for homemade bread crumbs.

If desired, serve cheese and yogurt or sour cream in small bowls on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
490 CALORIES, 61G CARBOHYDRATES, 28G PROTEIN, 14G FAT (3G SATURATED), 120MG CHOLESTEROL, 470MG SODIUM, 8G FIBER

SPINACH SWEET POTATO TART

SERVES 6
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR, 30 MINUTES

Grated sweet potatoes make a colorful base for the spinach filling, flavored with feta cheese.

What Kids Can Do

* Measure ingredients
* Stir sweet potato mixture
* Press potato mixture into plate

Sweet Potato Crust

1 1/4 lbs. sweet potatoes, peeled
7/8 cup all-purpose flour
1/2 tsp. kosher salt, or to taste
1/4 tsp. freshly ground black pepper
pinch cayenne pepper
1 egg, beaten

(SPINACH SWEET POTATO TART)

FOOD AND HEALTH

The sweet potato is nature's nutritious powerhouse. It ranks lower on the glycemic index than white potatoes and is packed with vitamins A and C, fiber, manganese, and antioxidants.

Spinach Filling

1 (7 oz.) pkg. Taste of Inspirations® Baby Spinach, washed and patted dry
3 oz. (about 1/2 cup) crumbled feta cheese
4 eggs
3/4 cup skim milk
1/4 tsp. ground nutmeg
1/8 tsp. salt, or to taste
1/2 tsp. freshly ground black pepper, or to taste

1 Preheat oven to 375°F. Lightly spray a 9-inch pie pan with olive oil or vegetable cooking spray.
2 Prepare the crust. Grate sweet potatoes into a large bowl using the widest holes on a box grater. Stir in flour, salt, black pepper and cayenne. Mix well, then add egg and mix well to make sure its evenly distributed. Transfer to prepared pie pan and press firmly against bottom of pan and up along the sides. Spray surface with cooking spray. Bake for 30 to 35 minutes, or until crust is fairly dry and edges are lightly browned.
3 While the crust bakes, prepare the filling. Place spinach in a microwave-safe bowl, cover with paper towels, and microwave on high for 1 minute. Stir, then microwave on high for another minute. Spinach should be cooked and wilted. If it is not yet wilted, cook for additional 30-second intervals until it is. Drain cooked spinach in a strainer, pressing out any extra liquid with the back of a spoon. Finely chop, then spread over cooked crust. Sprinkle with feta cheese.
4 In a medium bowl, lightly whisk the eggs. Gently whisk in milk, nutmeg, salt, and pepper and pour over spinach mixture. Bake for 35 minutes or until middle of tart feels firm and a toothpick inserted comes out dry. Let sit for 10 minutes before cutting. Serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
210 CALORIES, 27G CARBOHYDRATES, 12G PROTEIN, 6G FAT (2.5G SATURATED), 160MG CHOLESTEROL, 380MG SODIUM, 4G FIBER ●

Presto! It's Pesto

This colorful, versatile sauce is a zesty springtime treat

BY LIZ BRUNO PHOTOGRAPH BY FRANCESCO TONELLI

Green is the color of spring, and what better way to celebrate the season than with leafy greens and herbs deliciously puréed into the enticing emerald green sauce known as pesto?

Pesto — from the Italian word *pestare* ("to pound") — originated in northern Italy. Traditionally, this intensely flavored thick sauce was made by pounding and grinding fresh basil, garlic, pine nuts, salt, cheese, and olive oil using a mortar and pestle. But we've tweaked tradition a bit to create elegant weekday pesto dishes that can be made with a food processor or blender — much easier than the mortar and pestle method. Traditional pesto calls for olive oil — a lot of it. While olive oil is a healthy fat, it can still be rich. So we cut back to get the most flavor from the greens themselves.

Pesto is typically served with pasta, but it's versatile enough to use in a wide array of dishes and goes well with meat, poultry and seafood. Other herbs and greens like spinach and peppery arugula can stand in for the usual basil, and you can experiment with a variety of cheese and nut combinations to create new flavors. Here we offer recipes featuring vegetables, turkey steak, and tilapia to create a variety of quick pesto meals to welcome spring.

(PESTO PASTA PRIMAVERA)

PHOTO STYLING FRANCESCO TONELLI PROP STYLING LYNN TONELLI

PESTO PASTA PRIMAVERA

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 30 MINUTES

A rainbow of vegetables lends color, crunch, nutrients, and flavor to this hearty yet healthy entrée. Enjoy hot, straight from the skillet, or at room temperature. Recipe may be halved.

- 8 oz. whole wheat penne regate or rotini pasta
- 3 Tbsp. extra-virgin olive oil, divided
- 1 lb. asparagus, tough ends trimmed, cut diagonally into 3-inch pieces
- 1 orange, red, or yellow bell pepper, chopped into bite-size pieces
- 1 (8 oz.) pkg. sliced mushrooms
- 1 pint grape tomatoes
- 2 cups lightly packed fresh basil leaves
- 3 cloves garlic
- ⅓ cup pine nuts
- ⅓ cup grated Parmesan cheese
- ¼ tsp. kosher salt, or to taste
- ¼ tsp. freshly ground black pepper
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. water

1. In a large pot, bring 1 gallon very hot tap water to a boil. Once boiling, add 1 Tbsp. salt and the pasta. Stir well. Cook, stirring a few times, until al dente, about 8 to 10 minutes.

2. While water comes to a boil and pasta cooks, heat 1 Tbsp. of the oil in a large nonstick skillet over medium-high heat. Once hot, add asparagus and peppers. Sauté 5 minutes; veggies should be brightly colored and crisp. Add mushrooms and tomatoes and sauté another 5 to 7 minutes until cooked through and asparagus is crisp-tender.

3. While vegetables and pasta are cooking, prepare pesto. Place basil, garlic, and pine nuts in the bowl of a food processor or blender. Pulse a few times until coarsely minced. Add cheese, salt and pepper to mixture and pulse again until combined. Scrape down the sides of the bowl. Through the feed tube, add lemon juice, water, and remaining 2 Tbsp. oil to the mixture while pulsing, until fully combined and smooth. The pesto will be thick.

4. Drain cooked pasta and return to pot. Add vegetables and pesto to pasta and mix well to combine and heat through. Transfer to a serving bowl or individual plates. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
550 CALORIES, 56G CARBOHYDRATES, 21G PROTEIN, 28G FAT (6G SATURATED), 5MG CHOLESTEROL, 330MG SODIUM, 11G FIBER

GOOD AND HEALTHY
Basil delivers more than great flavor; it's loaded with antioxidants and is also high in vitamin K, calcium, and vitamin A. Spinach, another pesto option used in our turkey medallions recipe, is also a good source of vitamin K, which helps with blood clotting.

TURKEY MEDALLIONS WITH SPINACH WALNUT PESTO

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 30 MINUTES

This elegant dish will have your guests wondering, "What is that I taste?" after the first bite. Truffle oil lends a bit of surprise but walnut oil may be used with equally pleasing results. Recipe may be halved. Serve with rice or linguine.

Note. *You can make turkey medallions by purchasing a 1 lb. turkey loin and slicing ¾-inch slices or using thin sliced turkey scaloppine and cutting them in half.*

- 2 cups lightly packed Taste of Inspirations® Baby Spinach
- ⅓ cup walnuts
- ½ cup grated cheddar cheese
- 1 tsp. freshly ground black pepper, divided
- 1 Tbsp. water
- 2 Tbsp. white truffle oil or walnut oil
- 2 Tbsp. extra-virgin olive oil, divided
- 1 lb. turkey loin
- ½ cup all-purpose flour
- ¼ tsp. salt

1. Place spinach and walnuts in the bowl of a food processor or blender. Pulse a few times until coarsely minced. Add cheese and ¼ tsp. of the pepper and pulse again until combined. Scrape down the sides of the bowl. Through the feed tube, add water, truffle or walnut oil and 1 Tbsp. of the olive oil to the mixture while pulsing, until fully combined and smooth. The pesto will be thick.

2. Slice turkey into 10 to 12 medallions ¾-inch thick. Heat a large nonstick skillet over medium-high heat. Add 1½ tsp. of the olive oil.

3. In a shallow dish, combine flour, salt, and remaining ¾ tsp. pepper. Dredge turkey medallions in flour mixture and when oil is hot, but not smoking, add to skillet, 5 or 6 at a time. Working in two batches, cook medallions for 4 minutes on each side, until browned. Add the remaining 1½ tsp. olive oil in between batches if needed. Remove first batch of turkey medallions, place on a serving dish, and immediately top with half the pesto. The heat from the medallions will warm the pesto. Continue cooking second batch of turkey, remove from skillet, and top with remaining pesto. Serve immediately.

(TURKEY MEDALLIONS WITH SPINACH WALNUT PESTO)

SPICY ARUGULA PISTACHIO PESTO WITH FLANK STEAK

APPROXIMATE NUTRITIONAL VALUES PER SERVING
410 CALORIES 12G CARBOHYDRATES 35G PROTEIN 29G FAT (5G SATURATED) 80MG CHOLESTEROL 300MG SODIUM 1G FIBER

SPICY ARUGULA PISTACHIO PESTO WITH FLANK STEAK

SERVES 4
ACTIVE TIME: 22 MINUTES
TOTAL TIME: 30 MINUTES

Flavorful and juicy flank steak cooks up quickly and makes a good foundation for a spicy pesto. Peppery arugula, meaty pistachios, and Manchego cheese lend a bit of zing to the steak. A cool tomato and avocado salad balances the spiciness and makes a bright, fresh accompaniment. Recipe may be halved.

- 1 clove garlic
- 1 jalapeño pepper
- 2 lbs. flank steak, fat trimmed
- 1 tsp. freshly ground black pepper, divided
- 2 cups lightly packed Inspirations Baby Arugula
- ⅓ cup unsalted pistachios
- ½ cup grated Manchego cheese
- ¼ tsp. kosher salt
- 3 Tbsp. fresh lime juice, divided
- 3 Tbsp. extra virgin olive oil
- 2 tomatoes
- 1 avocado

1. Preheat a grill or broiler to high heat.
2. Peel garlic. Slice jalapeño in thirds, cutting away white veins and removing seeds. Place both in the bowl of a food processor or blender.
3. Season steak on both sides with ½ tsp. of the pepper. If using a grill, place steak directly on grill. If using a broiler, place steak on a rimmed baking sheet lined with foil sprayed with vegetable cooking spray. Cook on each side for 5 to 8 minutes, depending

PERFECT AT ANY MEAL

Any of the pestos here can be used in several ways. Make a double batch and use the extra for other meals.

- Spread pesto on a precooked pizza shell or naan and top with diced cooked chicken, broccoli florets, and fresh mozzarella; broil just until the cheese melts.
- Spread on sandwiches in place of mayonnaise or mustard.
- Dress up a plain hamburger.
- Finish a warm tomato soup or chilled gazpacho with a dollop of pesto.
- Stir a few spoonfuls of pesto into cooked plain or wild rice with a handful of chopped nuts.

(TILAPIA WITH PEPITA CILANTRO PESTO EN PAPILLOTE)

(CILANTRO) (BASIL)

Add the fresh look and earthy smell of spring to your table with cilantro, basil, spinach, and peppers.

on desired doneness (5 to 6 minutes for medium-rare 7 to 8 minutes for medium)
4. While steak cooks prepare pesto Add arugula and pistachios to the food processor with garlic and jalapeño Pulse a few times until coarsely minced Add cheese and salt to mixture and pulse again until combined Scrape down the sides of the bowl Through the feed tube add 2 Tbsp lime juice and 3 Tbsp oil to the mixture while pulsing until fully combined and smooth The pesto will be thick
5 Slice tomatoes in half and thinly slice each half into half moon slices Cut avocado in quarters and slice each wedge into thinner slices Divide tomatoes and avocados among 4 dinner plates Drizzle each with a bit of the remaining 1 Tbsp lime juice and sprinkle with remaining ½ tsp pepper
6 When steak is done let rest for 5 minutes before slicing Slice steak across the grain and divide among the 4 plates Top with arugula pesto and serve immediately

APPROXIMATE NUTRITIONAL VALUES PER SERVING
750 CALORIES 20G CARBOHYDRATES 63G PROTEIN 47G FAT (12G SATURATED) 95MG CHOLESTEROL, 680MG SODIUM 8G FIBER

TILAPIA WITH PEPITA CILANTRO PESTO EN PAPILLOTE

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME 30 MINUTES

Cooking en papillote ("in parchment") is not only a quick method — it also distributes the flavors evenly and keeps everything moist It is also a fun way to serve an entree as diners open their packets to see what's inside You can use either parchment paper (located near the foil) or foil Do not use waxed paper Recipe may be halved

- 2 cups tightly packed cilantro
- ⅓ cup unsalted shelled pumpkin seeds (pepitas found in the bulk section)
- ⅓ cup grated Pecorino Romano cheese
- ¼ tsp. freshly ground black pepper
- 1 tsp. grated lemon zest
- 2 Tbsp. fresh lemon juice
- 2 Tbsp olive oil
- 1½ lbs tilapia fillets (8 fillets)
- 1 (8.5 oz) pkg. precooked microwavable jasmine rice or 2 cups cooked jasmine rice
- 1 (12 oz.) pkg trimmed fresh green beans (found in Produce)
- 1 large lemon sliced into 8 round slices

1. Preheat oven to 400°F
2. Prepare pesto Place cilantro and pumpkin seeds in the bowl of a food processor or blender Pulse a few times until coarsely minced Add cheese pepper and lemon zest and pulse again until combined Scrape the sides of the bowl Through the feed tube add lemon juice and oil to the mixture while pulsing until fully combined and smooth The pesto will be thick
3. Scoop pesto into a large bowl Add tilapia filets to pesto and coat evenly
4. Cut parchment paper or foil into four 18-inch long pieces In the middle of each piece place ½ cup rice ¼ of the green beans and 2 tilapia fillets Place a lemon slice on top of each fillet Fold the paper or foil in half covering the fish, and crimp the edges all around to seal the packet. If using parchment paper it may help to secure the edges using a metal paper clip
5 Place pouches on a baking sheet and bake for 12 to 15 minutes Open one packet to check doneness fish should be flaky and green beans tender Transfer each packet to a dinner plate and serve immediately instructing diners to be careful of the steam as they peel back the paper

APPROXIMATE NUTRITIONAL VALUES PER SERVING
610 CALORIES 58G CARBOHYDRATES 49G PROTEIN 21G FAT (6G SATURATED) 95MG CHOLESTEROL, 250MG SODIUM 5G FIBER ●

WINE TIPS

With their combination of nuts greens and olive oil, pestos are rich and flavorful and go well with assertive wines Match the meat and heat of the flank steak and arugula pesto with a full-flavored red wine like Dancing Bull's Zinfandel. Counter the richness of the pumpkin seed-cilantro pesto on the tilapia with a balanced wine that finishes crisp such as Robert Mondavi Private Selection Chardonnay Turkey is versatile so go for Mirassou Pinot Noir to stand up to the walnut and spinach pesto. New Zealand's Nobilo Sauvignon Blanc has thyme aromas to match the herbaceousness of a classic basil pesto on pasta with crisp apple flavors to cut the richness.

STORING PESTO

Pesto is best the day it's made as the color can fade from emerald to olive green But if you store pesto correctly the taste will still be good Follow these tips
Short-term Store in a plastic container with a tight lid refrigerated for three to four days. Drizzle with a little olive oil to help retain the brighter color
Long-term Make a big batch of pesto Pour the pesto in an ice cube tray lined with plastic wrap Place another piece of plastic wrap over the top of the ice tray Freeze for several hours until solid then transfer the cubes to a resealable plastic freezer bag Use individual cubes as needed

Forever Favorites

Two tasty classics that can be ready in a flash

Fried Chicken Dinner

Main: Fried Chicken
Head to the Deli for our fried chicken, made with a crispy buttermilk coating. It's available hot or cold.
Sides: Glazed Carrots and Steamed Asparagus
While you're at the Deli counter, look for our glazed carrots, slightly sweet and flecked with dill. Stop by Produce and pick up a package of steam-in-the-bag asparagus.
Dessert: Fresh Blueberry Crepes
You'll find packages of light, buttery crepes in Produce along with pints of fresh blueberries. Then stop by the Bakery for a bottle of Taste of Inspirations® Wild Maine Blueberry Syrup. Pick up a can of whipped cream, if desired.

INSTRUCTIONS: If the chicken is already warm, just heat in the oven for a few minutes according to package instructions. If it's cold, warm in the oven until hot. While chicken heats, microwave the asparagus in the bag for 3 minutes, then heat the carrots in the microwave for 2 minutes. Toss blueberries with a few tablespoons of syrup, reserving a few berries for a garnish. Serve chicken with carrots and asparagus on the side. When it's dessert time, place berries into crepes, fold into quarters, and top with whipped cream and reserved berries.

Gourmet Pizzas

Main: Pair of Gourmet Pizzas
Head to the Frozen aisle for two varieties of pizza: Inspirations Pesto and Spinach Pizza and Artichoke, Red Onions, and Tomato Pizza.
Side: Broccoli Slaw Salad
Stop by Produce and pick up packages of broccoli slaw, shredded carrots, Inspirations Baby Romaine, and Inspirations Asiago and Cracked Black Peppercorn Dressing. Get some slivered almonds from the Organic & Natural aisle.
Dessert: S'mores Sundae
In the Frozen aisle, pick up a package of light chocolate ice cream. Also get cinnamon graham crackers, mini marshmallows, and Inspirations Decadent Chocolate Topping.

INSTRUCTIONS: Preheat oven to 425°F for 5 minutes. Bake pizzas according to instructions. While pizzas bake, prep the salad. In a large bowl, toss broccoli slaw, carrots, and lettuce with the dressing. Top with almonds. Slice the pizza when it's ready and serve. For dessert, top scoops of ice cream with chocolate topping, broken bits of graham cracker, and mini marshmallows.

PHOTOGRAPHER: HEATH MORRISON; FOOD STYLING: JENNIFER CORVELLO; PROP STYLING: MAUREEN HAHLL (PIZZA)
PHOTOGRAPHER: KELLER + KELLER; FOOD STYLING: MARY JANE SAWYER; PROP STYLING: LAUREN MILES (CHICKEN)

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Creamy Cabot Cheddar Spread

Makes about 1 1/2 cups

- 8 ounces Cabot Seriously Sharp Cheddar grated (about 2 cups)*
- 2 tablespoons butter
- 2 teaspoons coarse-grained Dijon mustard
- 1 small clove garlic, minced
- ½ cup white wine or beer

1. In food processor combine cheese, butter, mustard and garlic.
2. Process until smooth about 1 minute, adding enough of wine or beer to make spread of desired consistency. (Spread can be made ahead and refrigerated for up to 1 week)

* You can easily vary the flavor of this quick spread by using one of Cabot's flavored cheddars and try Horseradish, Tomato Basil, or Garlic and Herb. Or embellish the basic recipe by adding some artichoke pesto, tomato pesto, or chopped black olives. When ready to serve, allow the spread to soften at room temperature and mound it in a bowl. Surround it with slices of interesting hearty breads like multi-grain, walnut, or rosemary. Add more bowls of dried fruits like apricots or figs, plus some warm, lightly salted pecans (toasted in the oven at 350°F for about 5 minutes).

Nutrition Analysis Calories 49, Total Fat 4g, Saturated Fat 3g, Sodium 85mg, Carbohydrates 0g, Dietary Fiber <1g, Protein 2g, Calcium 70mg

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